



Daily Schedule Plan
Module 3 Ocala, Fl
Marion Baptist Association
Biblical Counseling: How to Do it Better?
(Digging Deeper into Teaching the Process and Procedures of Biblical Counseling)
Pastor Mike DeGuzman, OIC, ACBC

Module 3: Weekend 1

Saturday, February 11, 2023

7:30 am Doors open and sign in

8:00 am Worship and Prayer

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

A Counseling Process Model

8:50 am *Small Group Exercise*

9:40 am Break

9:50 am *Fear, Worry, and Anxiety* (Pastor Mike DeGuzman)

10:35 am Break

10:45 am *Depression Part 1* (Pastor Mike DeGuzman)

11:30 am *Depression Part 2* (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 3, Weekend 2!

Weekend 2: Saturday, March 4, 2023, 08:00 (1st weekend...not 2nd)

Marion Baptist Association
1520 NE 14th St
Ocala, Fl 34470

Contact email: soulcareocala@gmail.com

Contact phone: 352 680-0056



Module 3 Ocala, Fl

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Overcoming Fear, Worry, and Anxiety

Introduction

Fear, worry, and anxiety are all _____.

Scripture shows us that God does not want His children living in fear, worry, or anxiety.

"Do not fear" is used 50x in the OT alone.

"Say to those who have an anxious heart, 'Be strong; fear not! Behold, your God will come with vengeance, with the recompense of God. He will come and save you'" (Isaiah 35:4).

I. FEAR FACTORS

1. Fear is a powerful human _____.

"Fear closes the ears of the mind."

2. Fear affects people _____.

3. Not all fears are _____, but some are.

4. One _____ fear: Luke 12:4-5; cp. Romans 3:18.

"The remarkable thing about fearing God is that when you fear God, you fear nothing else, whereas if you do not fear God, you fear everything else." Oswald Chambers

5. Fear is a type of _____: Romans 8:15; Hebrews 2:15; cp. John 8:32.

6. Essentially, sinful fear is an issue of denying or rejecting God's _____. (Isaiah 46:9-11).

"Deny that God is governing all matter; deny that He is upholding all things by the Word of His power; and all sense of security is gone." Arthur Pink

7. Sinful Fear typically results from an unbiblical response to _____.

➤ Loss of a _____.

➤ Loss of a _____.

➤ Loss of _____.

- Loss of _____..
- Loss of a _____..
- Loss of possessions.

8. _____casts out fear: 1 John 4:18.

Fear is most concerned about what I might _____... (self-absorbed)

Love is most concerned about what I might _____... (self-denial)

“Am I losing my mind?” is a common fear.

“Extreme forms of mental illness are always extreme cases of self-absorption. The distinctive quality, the thing that literally sets paranoid [fearful] people apart, is their hyper self-consciousness. And the things they prize most about themselves is autonomy. Their constant fear is that someone else is interfering with their will or trying to direct their lives. For this type of person, self-abandonment is the worst fate. Rather than have that happen they draw deeper into themselves cutting the cords of sociability as they go” (Wm. Kilpatrick; *Psychological Seduction*).

II. WORRY

Worry is a mild form of _____fear. It is a steady, _____spirit that appears anxious because of a mind that is bothered by life circumstances; some event, or person, or situation.

“Worry is a thin stream of fear trickling through the mind.”

Worry in the Bible literally means, having ‘a _____mind.’

The Exceeding Fear of the Apostle Paul

2 Corinthians 11:2-3

“sincere” ‘single-hearted loyalty’; Gk *haplotēs*; ‘singleness of heart’

Worry is sinful because it betrays a heart that either does not _____ God or does not _____ Him.

Of the person who doubts God: “he is a double-minded man, unstable in all his ways” (James 1:8).

“double-minded” Gk *dipsuchos*; ‘two-spirited’

“Such a person suffers from divided loyalties. On the one hand, he wishes to maintain a religious confession and desires the presence of God in his life; on the other hand, he loves the ways of the world” (Zodhiates).

“Instead of trusting God by submitting and yielding to His good pleasure, the worrier rebels and asserts himself in defense of autonomy, of independence from the God in whom he lives, moves, and has his being.” Stanley Gale

III. Anxiety

Anxiety is an _____, at times panicky, form of fear and worry. It captivates a mind that is distracted and preoccupied to the point of great mental anguish and physical _____.

Anxiety: “painful uneasiness of mind; troubled in mind about some uncertain event; being in disturbing suspense; disquieted over a possible or impending judgment; concerned about some future unknown” (dictionary).

A Tale of Two Sisters

Luke 10:38-42

“distracted” Gk *perispao*; ‘To draw different ways at the same time, to distract with cares and responsibilities...to be drawn around in mind...preoccupied with cares or business.’

“anxious” Gk *merimnas*; ‘anxious care; troubled, to take thought.’ from *merizo*; “To divide, separate into parts, disunited”; and *merimna*; ‘anxiety, care that brings disruption to the personality and the mind.’

“troubled” Gk *thorubazo*; ‘the noise of a tumult; a disturbance, noise, clamor, uproar; loud lamentation.’

Jesus addresses worry and anxiety. His Words offer real _____ to overcome it: Matthew 6:25-34

Anxiety is a spiritual and emotional assault on the _____.

The Danger of a Divided, Fragmented _____.

“do not be anxious” (literally, anxiously careful); “take no thought” or care like the birds and the lilies.

Matthew 6:24

The Danger of a Divided _____: The Downfall of King Solomon

1 Kings 11:1, 2, 4

“loved/love” is the same Hebrew word used to describe Solomon’s love for God in 1 Kings 3:3!

“Either God is served with a single-eyed devotion, or he is not served at all. Attempts at divided loyalty betray, not partial commitment to discipleship, but deep-seated commitment to idolatry” (Carson).

The Problem of the Third Soil: Mark 4:18-19

“the cares of the world” Literally, ‘the distractions of the age.’ Satan’s most effective tool.

The silence and contentment of the bird and the lily (v26).

“When the bird comes into contact with the harshness of this life ... the obedient bird submits unconditionally to everything” (Kierkegaard).

Whether in cold, wind, storm, or drought, they wait in silent trust. This is internal peace and contentment _____by the violent conditions of a fallen world.

Why is this so hard for humans?

Will you hush your mind and quiet your soul long enough to hear deliverance when it comes?

“Be silent, all flesh, before the Lord, for he has roused himself from his holy dwelling” (Zechariah 2:13).

“Therefore I tell you, do not be anxious about your life...”

Worry, like complaining, is a serious sin. The former because it admits a _____of the wisdom God. The latter, because it admits a _____with the providence of God.

What would the birds think if they could observe us worrying?

Psalms 37:25

Hebrews 13:5

“For the Lord will not forsake his people, for his great name's sake” (1 Samuel 12:22).

Five Steps to Overcome Fear, Worry, and Anxiety

1. Take control of your _____life. “Take every thought captive to obey Christ” (2 Corinthians 10:5; “Set your mind on the things that are above, not on things that are on earth” Colossians 3:1-3; Philippians 4:6-9).
2. Learn to _____God (Psalm 31:6, 14; 115:11; Proverbs 3:5-6). Test your _____in Him (2 Corinthians 13:5).
“You keep him in perfect peace whose mind is stayed on you, because he trusts in you. Trust in LORD forever, for the LORD GOD is an everlasting rock” (Isaiah 26:3-4).
3. Repent of any _____. (Mark 9:24).
4. Change what you can according to God’s _____will (Ephesians 4:17-32); accept what you cannot change according to His _____will (Daniel 4:35; cp. Psalm 16:5-9).

Anxiety is a tempest – *a storm* – that forms in the mind when loyalties divide and wills collide.

5. Remain singularly _____ to Christ (2 Corinthians 11:2-3).

1 Peter 5:6-7; Psalm 55:22

“Be still, and know that I am God” (Psalm 46:10).

Recommended Resources for Further Study:

- ❖ *Overcoming Fear, Worry & Anxiety*; Elyse Fitzpatrick
- ❖ *Running Scared*; Ed Welch
- ❖ *When People Are Big and God is Small*; Ed Welch
- ❖ *Trusting God*; Jerry Bridges



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Depression; Part 1 & 2

INTRODUCTION

Definition: An ongoing, reoccurring debilitating mood, attitude or feeling of hopelessness and/or despair. Can be accompanied by extreme fatigue; impaired concentration; feelings of worthlessness or guilt; and occasionally suicide ideation. These are the reasons given for why the depressed person is not fulfilling his or her responsibilities in life.

The difference between *Depression* and deep *discouragement* is _____.

In most cases, the cause of depression is not singular, it is _____.

Agreeing to the medical model presents a problem for gospel-oriented Christians:

Declaring that someone has a diagnosed medical disease removes all _____ –

- 1) because no mercy, grace, forgiveness, or restoration is available where no “_____.” has been admitted.
- 2) because they are never _____.. Medication is *control*, not cure.

The pain and suffering of depression is real. John of the Cross called it, “the dark night of the soul.”

Some other descriptions (cited in: *Depression; A Stubborn Darkness* by Dr. Edward Welch):

- “My heart is empty. All the fountains that should run with longing, are in me dried up.”
- “The mental pain seems unbearable. Time stands still.”
- “A veritable howling tempest in the brain.”
- “Malignant madness.”

Rather than rush to judgment, we must be careful to _____ their suffering.

As counselors, we must always be caring, compassionate, good listeners.

Why is depression considered an _____ or 'disease' by so many people?

- A. Because, people who suffer from it feel badly on an ongoing basis, understandably want _____, and are unable to find it on their own.
- B. Because, people who suffer from it think they are _____ to control it themselves.
- C. Because, when they consult a doctor, he is typically able to prescribe medications that make them _____ better.
- D. Because, finding a source for their predicament other than holding them responsible for anything in any way is _____ to them.

CONCLUSION: Therefore, the biblical counselor is _____ qualified to help.

Why depression should _____ be considered an illness or disease:

- A. Because, being made to *feel* better does not _____ causality.

The DSM V describes _____. It does not provide the cause or a cure.

Psychologist Irving Kirsch, PhD.; Associate Director of the Placebo Studies Program at Harvard Medical School.

"All told, we analyzed 38 published clinical trials involving more than 3,000 depressed patients. What we found came as a big surprise. It turned out that 75 to 87 percent of the antidepressant effect was also produced by placebos - sugar pills with no active ingredients that are used to control the effects of hope and expectation in clinical trials."

"What you have with placebo is the ability within your _____ to affect your condition."

This is key. "The patient's improvement is due to his _____ that the medicine will help."

Dr. Kirsch's conclusion: "Depression is not a brain disease and chemicals don't cure it."

- B. Because, in the majority of cases, no measurable, clinical, verifiable proof exists that something is wrong with the _____.

"For something to qualify as an illness, there must be evidence of damage to or malfunction of some part of the body's tissue. There must be objective evidence that the body is not functioning normally. The proof must be obtained by objective tests that yield definable, measurable data" (Dr. Robert Smith).

"No disease exists in the human body without some kind of change at the cell level, which results in abnormal function.... In fact, there are no laboratory tests or x-rays that can make

the diagnosis of depression. What we do have are criteria that must be met—a list of symptoms that must be present—in order to make a diagnosis of depression” (Dr. Hodges).

C. Because, chemical imbalance is a _____; not a proven fact.

“With depression, there is no proof that something is wrong with the body. The diagnosis ‘depression’ is based on thinking, feelings and behavior... subjective criteria.”

“The biochemical theory of depression is in a state of crisis. The data just do not fit the theory” (Dr. Irving Kirsch).

“A faulty theory will lead to faulty treatment” (Dr. Charles Hodges).

Former head of the *National Institute for Mental Health* in America:

“At the best, our drugs offer some symptom alleviation. But we cannot provide what people need most. *People need meaning in life and they need relationship.*”

CONCLUSION: Therefore, the biblical counselor _____qualified to help.

Important Considerations Regarding Depression

- I. Depression is not always caused by _____ Jesus suffered depression in the Garden:
Mark 14:33-34
- II. Depression is more likely due to an emotional-_____condition than a “chemical imbalance” or even a true, verifiable medical condition.
- III. Occasional bouts of despair and hopelessness are part of living and struggling in a _____world.
2 Corinthians 1:8
- IV. We have come to think that we have a ‘ _____to feel good.
If not, I cannot be held _____for neglecting my responsibilities in life.
Bottom line: _____become the basis and justification for actions or inaction.
- V. Some legitimate medical conditions that can _____depression (testable):

- A. Hyper and Hypothyroidism
- B. Brain Tumor
- C. Sleep Apnea
- D. Adrenal Insufficiency
- E. Hypoglycemia
- F. Anemia
- G. Meningitis/Encephalitis
- O. Hepatitis

- H. Stroke
- I. Diabetes
- J. Parkinson's disease
- K. Cushing's disease
- L. Addison's disease
- M. Multiple Sclerosis
- N. Lupus

VI. THE _____ OF DEPRESSION

Unchecked sin become the cords that bind us tighter and tighter. Proverbs 5:21-23

- I. Depression occurs when we _____ in an ungodly or unbiblical manner to wicked, difficult, challenging, or sinful circumstances.

David: 2 Samuel 11:1-17 (disobedience) ☞

lust ☞

adultery ☞

_____. (Psalm 38:1-11)

- II. The Example of Cain

Genesis 4:1-14; (disobedience) ☞

jealousy ☞

sinful anger ☞

depression ☞

_____.

- III. The Example of Elijah

1 Kings 19 (fear of man) ☞

lack of faith & trust in God ☞

self-pity ☞

_____.

IV. The Example of Ahab

1 Kings 21:1-14 (covetousness) ⇨

pouting/self-pity ⇨

manipulation ⇨

subterfuge ⇨

false witness ⇨

_____.

V. The Example of Jonah

Jonah 1:1-3; 3:1-3; 4:1-11 (bias/hatred/contempt) ⇨

turning away from God ⇨

begrudging submission ⇨

sinful anger ⇨

stubborn/controlling ⇨

self-pity ⇨

_____.

VI. The Example of Peter

Matthew 26:69-75 (ignorance) ⇨

fear of man ⇨

lack of faith & trust in God ⇨

lying ⇨

denying Christ ⇨

hiding/_____ /cursing.

VII. The Example of Judas

Matthew 27:1-5 (unbelief) ⇨

deceit ⇨

betrayal of Christ ⇨

_____.

VII. Biblical principles for unwinding the spiral:

1. Fulfill all responsibilities regardless of how you _____.

The ultimate goal in the Christian life is not to “feel” better—it is to respond _____ to life circumstances.

The ultimate goal in life is to _____ God, not alleviate symptoms.

John 14:15; 13:17; Matthew 7:21; James 1:22; 2 Corinthians 5:9

In order to have real victory, we must live by God’s _____, not our feelings.

2. Realize God has great purpose in the things we _____.

Romans 8:28-29; James 1:2-4; 1 Peter 4:12

3. Change your _____.

2 Corinthians 10:3-5; Hebrews 4:12; 1 Corinthians 2:16; Philippians 4:8-9; 2 Corinthians 9:8

4. Find biblical _____ to difficult situations.

2 Timothy 3:16-17; 2 Peter 1:3-5

5. Exercise good stewardship of your _____.

Romans 6:13; 1 Corinthians 6:12-20

6. Strive to live a _____ life.

Hebrews 12:5-11; 1 Corinthians 9:24-27; 1 Timothy 4:7

7. There is always _____.

Psalm 42; 1 Corinthians 10:13; 1 Peter 1:3-5; 5:10-11

Victor or Victim – *the choice is yours.*

Recommended Resources for Further Study:

- ❖ *Good Mood Bad Mood*; Charles Hodges, M.D.
- ❖ *Depression; A Stubborn Darkness*; Dr. Edward Welch

- ❖ *Will Medicine Stop the Pain?*; Elyse Fitzpatrick and Laura Hendrickson, M.D.
- ❖ *Spiritual Depression*; D. Martyn Lloyd-Jones
- ❖ *Out of the Blues*; Dr. Wayne Mack
- ❖ *If I'm a Christian, Why Am I Depressed?* Dr. Robert B. Somerville
- ❖ *Godliness Through Discipline*; Dr. Jay Adams (booklet)



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Small Group Exercise

Read the following scenarios at your tables and be ready to speak about the questions you would ask, the heart idols that may need to be exposed, and the direction you will initially go with the counseling.

Kelly is a 23-year-old, single working girl. She is a graduate of a Bible college and now works as a secretary at a Christian school. She says she feels inferior because of the way other people treat her. She says, “My self-concept is just absolutely zero because of the way that my parents and others treat me. My whole life has been a big fat zero. Nobody notices me, nobody likes me and nobody cares about me. I may as well be dead. I feel so inadequate. No man ever invites me out. I try to pray, but God doesn’t hear me so I’m thinking, what’s the use? So, I’ve just stopped praying. I don’t get anything out of reading my Bible so I’ve stopped reading it. I go to church, but I don’t get anything out of it, so I’ve decided to give up on church.”

When Jeff comes for counseling he says, “Feelings of inferiority have made me sick physically and generally powerless as a person. I’ve tried to do as you said, but I just can’t.” At a previous session you asked Jeff to seek the forgiveness from someone against whom he has committed several serious offenses. Jeff is now in his fourth session and that assignment still remains uncompleted. On the basis of Matthew 5:23 – 25 you insist that this is something he must do. Jeff responds, “You’re asking me to do something I just can’t do. “I’m not a quitter or anything, but I can’t do that. I want to; I know I should and if I had more ego strength, I might be able to.”

Kevin and Judy tell you, “There’s nothing left to our marriage....” That’s the way Kevin put it as he ended a long tale of disagreement, heartache, and frustration. “I don’t have a speck of love left for Judy anymore.” She was quick to agree, “I don’t love him either; all the feeling I once had for Kevin has drained out.” As Christians they knew they had no biblical grounds for divorce. Yet in disobedience to God’s Word, they were intent on getting it because life together any longer seemed unbearable. “Pastor, don’t you agree? Certainly, God wants us to be happy and not miserable. We can’t go on. It’s ruining my health and hindering me in doing a good job at work. And neither of us are bearing a good testimony for Christ. Can you help us get a divorce with as little damage to the kids as possible? Can you suggest a good lawyer for us to contact?”