



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 3

Saturday, April 8, 2023

7:30 am Doors open and sign in

8:00 am Worship and Prayer

8:10 am *Counseling Testimonies* (Pastor Mike DeGuzman)

A Counseling Process Model

8:30 am *Counseling the Addicted* (Pastor Mike DeGuzman)

9:20 am Break

9:30 am *Child Discipline that Disciples* (Pastor Mike DeGuzman)

10:20 am Break

10:30 am *Rebellious Teenagers* (Pastor Mike DeGuzman)

11:20 am Break

11:20 am *Biblical Counseling and Self-Harm* (Pastor Mike DeGuzman)

12:00 pm Assign Projects for Growth (Pastor Mike DeGuzman)

Return to ministry locations, begin your “Projects for Growth,” and joyfully anticipate Module 4, Weekend 1!

Weekend 1: Saturday, May 13, 2023, 08:00

Marion Baptist Association
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2 Corinthians 7:8-10

- 8 For though I caused you sorrow by my letter, I do not regret it; though I did regret it—
for I see that that letter caused you sorrow, though only for a while—
- 9 I now rejoice, not that you were made sorrowful, but that you were made sorrowful to
the point of repentance; for you were made sorrowful according to the will of God, so
that you might not suffer loss in anything through us.
- 10 For the sorrow that is according to *the will of God* produces a repentance without
regret, *leading* to salvation, but the sorrow of the world produces death.¹

Worldly remorse is:

- Sorrow over what will happen to you as a result of your sin but no concern over how your sin has dishonored God or damaged others (hate the consequences but not the sin).
- Sorrow over the sin but unwilling to let go of the sin
- Sorrow over the situation, acknowledgment of sin and acknowledgment of the character of God, but no reverence for God or fear of God's judgment in the matter.
- Sorrow over the situation, acknowledgment of sin and acknowledgment of the character of God, but preoccupied with relief from the pain of the sin while continuing to practice the sin.

Godly remorse is:

- A sense of urgency to turn away from that which is sinful and walk in what is right in the sight of God
- Making sure the record has been set straight in the matter; clearing of one's self as a result of being forgiven.
- A hatred or disgust with the sin that has been committed.
- Fear of the wrath of God
- Longing to be reconciled with God
- A desire to see things done in accordance with God's will
- Making sure to avenge (not revenge) the wrong
- Seeking to be clean by pursuing holiness in the matter

¹ *New American Standard Bible: 1995 Update* (La Habra, CA: The Lockman Foundation, 1995), 2 Co 7:8–10.



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Pastor Mike DeGuzman, OIC, ACBC

The Physiology of Addiction and How it Affects Biblical Counseling

- I. Introduction: Caffeine, Lemonade and Me!
 - A. What is addiction?
 - B. DSM5 Substance abuse disorder four aspects with 11 criteria
 - Impaired control
 1. Takes substance in _____ amounts or for longer than should
 2. Expresses desire to quit or reduce, but _____ on multiple occasions.
 3. Spends a great deal of _____ obtaining, using, or recovering from use; may use all their time to get and use it.
 4. Craving _____ desire or urge to get the drug, can be driven by being in the place where it has been used or with friend, it is the cigarette and the cup of coffee.
 - Socially impaired
 5. _____ duties in schoolwork and/or home
 6. Continues to use _____ social and personal problems that it causes

7. Social, recreational, and work activities are _____ up.
- Risky use
8. Uses substance in physically _____ ways.
9. Continues to use despite knowing the physical and psychological damage it is doing
- Pharmacological (Physical Dependence in DSM5)
10. Tolerance; needs an ever-_____ amount of the substance for the same result.
11. Withdrawal; significant uncomfortable, and at times, _____ threatening symptoms if substance is stopped.

Physicians use number of symptoms to determine which course of treatment to use.

- 1 symptom could indicate individual is at risk
- 2-3 criteria point to mild risk
- 4-5 criteria point to moderate risk
- 6 or more indicate severe. (Reference: www.gatewayfoundation.org)

C. What isn't addiction?

1. Substance/medication _____ disorders
2. Presence of tolerance and dependence does _____ meet the criteria
3. This is treacherous ground in our current opioid _____ medical environment.

D. Physiology and Biblical Counseling

1. How do these drugs work in the brain?
2. Mesolimbic Dopamine System, reward or _____ pathway

3. Seven sites/receptors that these drugs can act upon
 - a. Dopamine (DA) – _____, amphetamines, alcohol
 - b. Serotonin (SER) – _____, alcohol
 - c. Endorphins (END) – _____, alcohol
 - d. Gamma-Aminobutyric Acid (GABA) – benzodiazepines, alcohol
 - e. Glutamate (GLU) – alcohol
 - f. Acetylcholine (ACH) – _____, alcohol
 - g. Endocannabinoids (ENDB) – _____, alcohol
4. These sites are all located near the base of the brain and involved in some aspect of feeling good, and all are affected by these drugs but only one drug affects all: alcohol

E. Alcohol

1. "It is toxic to almost everything...liver, heart, brain, gut, and pancreas,"¹ one _____ a day increases risk for all cancers from lips to the exit.
2. Alcohol affects _____ the receptors in the reward/pleasure pathway
3. Socially acceptable; _____ obtained
4. Tolerance develops _____; withdrawal symptoms develop after several weeks or months of escalating quantities of alcohol consumption.
5. There is likely a hereditary disposition to dependence and addiction for those who choose to drink; 60% hereditary – 40% social
6. Men are at greater risk than women; male muscle mass greater, female body has higher fat content; muscle has a higher water content. Men can drink _____ to arrive at the same blood alcohol level as women who drink less.
7. Works in the GABA system as an anxiolytic (reduces anxiety)

¹ Brick, John; Erickson, Carlton K. *Drugs, the Brain, and Behavior: The Pharmacology of Drug Use Disorders* (P. 174). Taylor and Francis. Kindle Edition

F. Cocaine/Amphetamines

1. Blocks dopamine reuptake. It lessens a nerve cell's ability to receive, create or send chemical messages to other nerve cells thereby producing a _____ affect.
2. Users describe amazing state of well-being and euphoria; keeps them coming back.
3. Users develop tolerance requiring _____ doses; stopping abruptly leads to depression
4. Amphetamines have similar effects but operate by releasing dopamine. Dopamine is responsible for allowing you to feel pleasure, satisfaction and motivation
5. Amphetamines are highly addictive.
6. Users feel better on the drugs: euphoria, exhilaration, alertness, feelings of well-being and confidence
7. As the drug level declines, users _____. The cravings are intense
8. Amphetamines will become the next addiction crisis in the U.S.

G. _____: the most visible drug addiction problem in the U.S.

1. US (population 4%) consumes ____% of all opiates made today. US consumes almost all the Vicodin/hydrocodone.
2. Became socially acceptable when pain became the fifth vital sign
3. Scientific ignorance – 1898 Bayer introduces heroin as a non-addictive substitute for morphine.
4. Endorphins and brain receptors, euphoria becomes the driver.
5. Tolerance develops in days, dependence in as little as 14 days of regular use; withdrawal symptoms are rarely fatal, but amazingly uncomfortable
6. Requires extended care for most.

H. _____

1. It is addicting
2. It has its own set of neuro-receptors much like the opioids.
3. Calms anxiety, enhances appetite, 100 times as many cannabinoid receptors as opiate receptors in the brain.
4. _____ sense of creativity, short-term memory impairment, declining intelligence with regular use.
5. Tolerance develops in several days; withdrawal develops late because of high fat solubility of THC
6. BPD1 and Schizophrenia, panic attacks on higher doses.
7. Changes brain structure

I. _____ (Xanax, Valium)

1. The term for these used to be “tranquilizers.” Works in the GABA receptors much like alcohol
2. Produces withdrawal of a difficult nature.

J. _____ /Nicotine

1. Increase focus and physiological arousal
2. Can _____ blood pressure, making you feel temporarily alert.
3. Common side effects are insomnia and a _____ heartbeat

K. What would I want to tell those who struggle from a Biblical viewpoint?

1. Pursuing intoxication of any kind is a _____ – Ephesians 5:15-21
2. The issue is who will _____ our lives – Ephesians 5:18
3. Idolatry, sorcery, and drunkenness are found together – Galatians 5:20-21
4. You have a _____ in the matter – Galatians 5:13-26, 6:7-9

5. It is a matter of “hearts trained in greed.” – 2 Peter 2:14
6. _____ comes from grace, salvation, and repentance – Philippians 2:12-13

L. How would I counsel the addict?

1. _____ God’s Word
 - a. Use _____ terms (stay away from worldly definitions and labels).
 - b. Teach about heart idols and _____
 - c. Teach the _____ (either for justification or sanctification)
 - d. Teach the _____ of Christ (how Jesus dealt with sinners in the Gospels)
 - e. Teach about their _____ in Christ – Ephesians 1-3; Colossians 1-2
 - f. Give biblical _____
2. Teach _____
 - a. There are times when you will need to call out sin. Do so according to Galatians 6:1-2
 - b. The reproof stage is when the truth of God’s Word convicts the heart and brings about genuine remorse.
 - c. They must be taught how to _____ their sins.
 - d. It will be important to ensure there is godly remorse rather than worldly remorse (see attachment)
3. Teach _____

This is often the “hard work” of counseling because it requires humility on the part of the counselee to REMOVE and REPENT of sin.

Genuine repentance is seen in the counselee being able to:

- a. Identify where they have been thinking, speaking, or acting in sin towards God and toward others
- b. Identify where they have been thinking, speaking, or acting in sin in response to unfavorable or difficult circumstances.

- c. Confess and repent of lusting after those wants or desires they cannot control, get from God, others, or circumstances.
 - d. Confess and repent of ungodly thoughts, words, or actions towards God, others, or circumstances
 - e. Identify the thoughts, words, actions, or desires God is seeking to develop through their circumstances
 - f. Discipline themselves to think, behave, and relate in ways that are pleasing to God
 - g. Identify various ways they can show _____ to God for what He is allowing in their life
 - h. Identify key ways they can _____ others and do it apart from their feelings.
 - i. Focus on speaking words that are _____
 - j. Learn to cultivate hope that comes from _____ God.
4. Train for _____
- a. Help the counselee work through God's Word to renew his mind and replace sinful thoughts, speech, or actions with godly thoughts, speech, or actions.
 - b. Work through specific areas for future growth and maintaining consistent victory in the areas of previous temptation and sin.
 - c. See previous attachment (How to know when you are finished counseling)



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Pastor Mike DeGuzman, OIC, ACBC

Child Discipline that Disciples

1. Biblical parenting should be viewed as _____ making (Matt 28:18-20; Col 1:28-29)
2. Discipline them while there is _____. Eph. 6:4; Gen. 8:21; Ps. 51:5; Prov. 22:15, 29:15, 13:24, 23:13-14, 19:18; Heb. 12:6-9
3. Spiritual growth of a believer is a _____ that involves discipline (Ephesians 4:22-24; 1 Timothy 4:7-8)
4. Discipline (*paideia*) denotes training that includes both instruction and _____ (Acts 7:22; 22:3; 1 Cor 11:32; Rev 3:19)
5. God disciplines His children for strategic _____ (Heb 12:5-11; 1 Cor 11:32)
6. God instructs _____ to discipline their children for strategic purposes (Eph 6:4; Pro 13:24; 22:15; 23:13-14; 29:15, 17)
7. Corrective discipline can take several forms:
 - A. Experiencing _____ consequences of behavior (2 Thes 3:10; Luke 15:11-24)
 - B. _____ the fruit of sin (Prov 5:22; Jer 2:19)
 - C. Receiving additional _____ (Gen 3:17-19; Ps 107:11-12)
 - D. Losing privileges and _____ (Deut 28; Gen 3:8-24)

E. Feeling the _____ of men (2 Sam 7:14; 2 Chron 33:1-12; Matt 18:15-17)

F. Receiving _____ punishment (Pro 13:24; 22:15)

8. Suggestions on the use of the rod

A. Give clear instructions; eye contact is important

B. Provide one warning only; no _____

C. Discipline the child _____

D. Explain the spiritual issues involved

E. Express personal _____

F. Use a neutral object and spank until he cries softly and repentantly

- A rebellious scream or fighting is cause for _____ discipline

- Use enough force and swats to accomplish training

G. The same parent who disciplines teaches and _____ later

H. Help the child clear his conscience.

I. Evaluate later; seek _____ when you disciplined in uncontrolled anger

9. Discipline should be “packaged” with _____

A. Use the Word of God, don’t just talk about it.

B. Focus on both inner man and outer man issues.

10. Cautions on Discipline

A. Do not _____ I John 5:3; I Th. 2:11; I Co. 13:11; Luke 12:48; Js. 1:19-20; Mt. 5:21-23 Pr. 18:3,17; Eph. 4:25,29; Js. 1:19; Pr. 20:5; Deut 6:20; Ps. 103:13-14

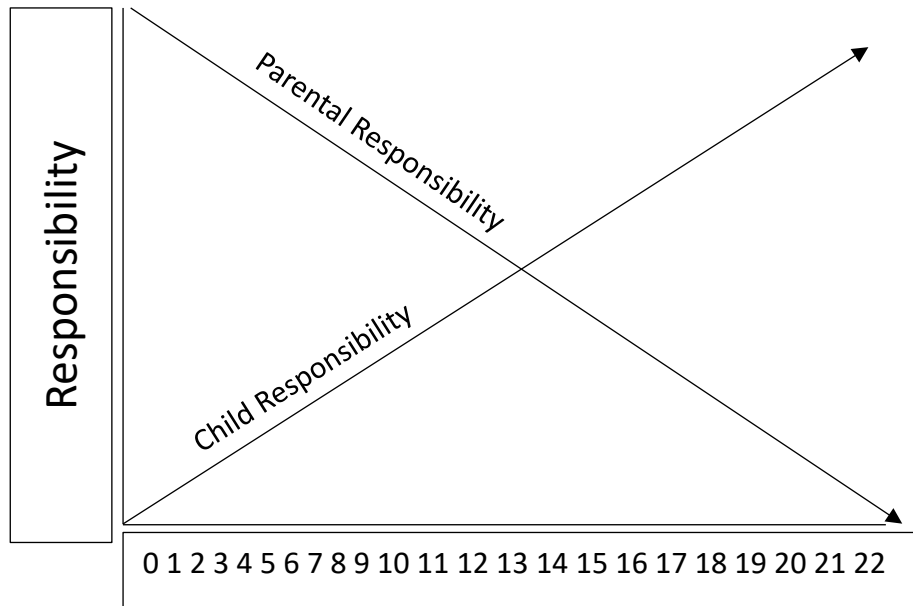
B. Do not _____ Prov 19:18, 29:15, 1 Sam 3:13

C. Do not substitute the bible for _____ methods

D. Other ways to frustrate and embitter your children:

1. _____
2. _____
3. _____
4. _____
5. Broken _____
6. Lack of Marital _____
7. _____

➤ Conclusion





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Pastor Mike DeGuzman, OIC, ACBC
Rebellious Teenagers: When Good Kids Make Bad Choices

I. Introduction

_____ (3 generations of families)

5-9 – Dad is righteous, and practices righteousness

10-11 - This righteous dad has a wicked son

12-13 – The son doesn't do what the father did

14-18 – A wicked Dad has a righteous son

II. What to do if your child rebels?

A. First deal with _____.

1. _____ your own sinful failures. Pr. 13:24, 23:13-14; Col. 3:21; Mt. 7:1f, 5:23-24

2. _____ the sin of your child for what it is. Pr. 22:15a

3. Seek godly _____. Pr. 11:14, 15:22, 20:18

4. Be prepared to face the reality that your child may not be a _____.

5. Pray and fast. Only _____ can change a rebellious heart. Matt. 17:21; Mark 9:29

B. Take care of the rest of your _____.

1. _____ Your Marriage

2. Watch out for your other _____.

3. _____ with Your Spouse

C. Mount a discipline _____.

1. Be prepared to do some _____.

2. Remove _____ influences from his life. Prov. 1:10f, 13:20; Mt. 5:29-30; I Co. 15:33

3. Establish clear and reasonable _____.

a. _____. Pr. 2:13, 7:9; I Thess. 5:7

b. _____ standards: TV, movies, music, computer (internet/games). Pr. 5:8; Rom. 13:14; Eph. 5:3

c. Manner of listening and speaking to _____. Pr. 19:26, 20:20, 30:17; Ex. 20:12

d. _____ involvement. Pr. 8:1f; Heb. 10:24-25

e. Treatment of _____. Pr. 18:6, 12:16; Phil. 2:3-4

f. _____ abuse. Pr. 23:29-35, 20:1; Eph. 5:18

g. Work/school _____. Pr. 6:6-11

h. Contribution to _____: chores, finances, etc. Pr. 10:5; Eph. 4:28

i. Participation in family _____. Pr. 1:8; Dt. 6:7

j. Companions/use of _____. Pr. 13:20, 14:7, 22:24; I Co. 15:33

- k. _____ code. Deut. 22:5
- 4. Define and _____ consequences. Pr. 23:13-14, 19:18
- 5. Appeal to your child on a _____ level. Pr. 22:15, 2:2,10, 3:1-3, 4:23, 6:21, 11:20, 14:14, 19:3, 28:26, 1:7; Mark 7:21f
- 6. Check for physiological _____.
- 7. Don't _____ your own efforts.
- D. Mount a _____ offensive.
 - 1. Make it clear that your love is _____. Mt. 5:44-45; I John 4:19
 - 2. _____ your kids without compromising your standards.
 - 3. Be ready to _____.
 - 4. _____ give up!
- III. Dealing with _____ kids Pr. 19:18, 29:1, Dt. 21:18f; Ex. 21:15; Le. 20:9
 - A. Beware of two extremes.
 - 1. Giving up too _____ due to personal hurt feelings, anger, shame, and bitterness.
 - 2. Tolerating and enabling _____.
 - B. Old Covenant Requirements
 - 1. Incurable kids were put to _____ Pr. 19:18; Deut 21:18-21
 - 2. Children (minors) are held responsible for their _____ choices.
 - 3. God reaches a point at which He deals with Israel with _____ measures. Jer. 3:8, 7:28

C. New Covenant applications.

1. We are to be concerned about the corrupting influence of an incorrigible child upon the _____ and the home.
2. Apostates and rebels are no longer _____ by the covenant community.
3. Bring them before the _____ leaders: excommunication. I Cor. 5:1f; Mt. 18:15f
4. Bring them before the _____ leaders: criminal penalties. Mt. 18:17
5. Put them out of the _____.

D. The goals of drastic measures. Rom. 12:18ff

1. Protection for those who _____: Pr. 1:10f; I Co. 5:6
2. The Lord may even use this _____, like church discipline, to drive your child to his senses. Pr. 3:11-12; I Co. 5:5

E. When can they come home?

1. Beware of being manipulated and becoming _____ of their sinful lifestyle.
2. The child must be _____ (godly sorrow). Luke 15:18, 21; II Co. 7:10-11
3. He/she must be willing to _____ the house rules. (Utilize written contracts)

IV. Concluding Applications.

- A. _____ parents and children are responsible. Prov. 23:13-16
- B. There is _____ for failed parents and rebellious kids. Luke 15:17-20
- C. Have _____ together when you can
- D. _____ what you can affirm
- E. Ask the kids what their parents think _____ about them
- F. Ask the kids what their parents think _____ about them
- G. Be _____ about focusing on what God is doing in you through their rebellion



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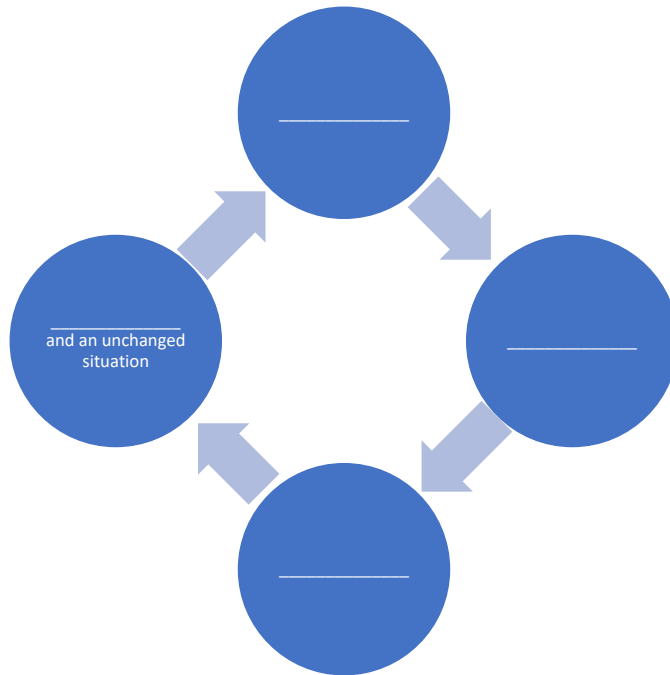
Pastor Mike DeGuzman, OIC, ACBC

Biblical Counsel and Self-Harm

- How do we make sense of self-harm? How do we understand it?
 1. There are various levels of self-harm.
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____
 - f. _____
 - g. _____
 2. What does self-harm say?
 3. Is Self-Harm something _____?
 4. Should we _____ someone who self-harms? Or, is it better to send this person to a professional?
 - If you believe the person's life is in jeopardy, immediately send them for emergency help
- Interesting notes about those who self-harm

- a. About ____% of all people will self-harm during their lifetime
- b. Average age of the first incident of self-harm is ____
- c. ____% of people use cutting as their method of self-injury
- d. About 50% seek help for self-harm from _____ instead of professionals.
- e. Vast majority of self-harmers are under ____ years old
- f. "Physical pain is better than dealing with the heart/_____ pain."
- g. Psalm 32:3-7

➤ The Cycle of Self-Harm



➤ Big Picture _____ Issues (not exhaustive)

- a. Lack of _____ (2 Corinthians 5:14-17)
- b. Misunderstanding, misconstrue, or disbelieve the _____ of God (Matthew 11:28-30; Hebrews 4:14-16; 1 Peter 5:6-7; Psalm 84:11)
- c. Lack of _____ (James 1:13-18)

d. Loss of _____ (Romans 8:28, 15:13)

➤ Big Picture Sanctification Issues

a. Purpose of _____

b. How to handle conflict and _____

c. Living by a _____ -orientation rather than truth-orientation (or Christ-centered, gospel-centered)

d. Devaluing _____ (loving God) and _____ (loving neighbor)

It is impossible to serve outwardly for the glory of God when focused inwardly on self.

e. _____ of life (including 2 Corinthians 5:9; 1 Corinthians 10:31; 1 Timothy 4:7-8; Hebrews 12:1-2)

➤ Potential Areas of Idolatry and Sin

a. _____

b. Vanity or love of _____

c. _____

d. _____

e. Shame and/or Guilt

➤ Project for Growth Samples

a. You want their mind on Jesus, the gospel, the pleasures of a relationship with God in Christ.

All projects need to point to _____!

- b. _____-talk Log
 - c. _____ log or journal (including thoughts)
 - d. _____ journal
 - e. Character of _____ assignment
 - f. _____ (a battle plan, an “alternative” plan, or positive plan)
 - g. _____ (invite others into the conversation for help, hope, and fellowship)
 - h. Biblical _____ (Reading and memorizing key passages, specific prayer)
 - i. Reading good and appropriate religious _____
- Where to begin
- a. Emphasize the importance of Christlike _____
 - b. Ensure their understanding and commitment to the _____
 - c. Use appropriate _____ when getting the facts. Express sorrow. Respond in sadness. Listen with compassion and tenderheartedness.
 - d. Be cautious of speaking in _____
 - e. Provide _____!
 - f. Point them to the _____ of the Gospel of Christ
 - g. Provide for the person’s _____ if necessary
 - h. Walk slowly, this is a _____. Not a quick race.