Biblical Counseling

Student Manual
Biblical Counseling
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Lesson 1-2a
Introduction to Biblical Counseling

I. What is counseling?

A. The dictionary defines “counsel” as:
   1. The act of exchanging opinions and ideas; consultation
   2. Advice or guidance, especially as solicited from a knowledgeable person
   3. A plan of action
   4. Synonyms include: advice, direction, guidance, consultation, recommendation

B. There are many definitions given from various sources for the process counseling. A few of them include the following:
   1. Counseling is something that provides direction or advice as to a decision or course of action.
   2. Counseling is “the process by which a professional counselor helps a person cope with mental or emotional distress, and understand and solve personal problems.” –American Cancer Society
   3. Counseling is “the application of mental health, psychological or human development principles, through cognitive, affective, behavioral or systematic intervention strategies, that address wellness, personal growth, or career development, as well as pathology.” –American Counseling Association

Do you see anything questionable about these above definitions?

C. A good working definition for our purposes is:

   Counseling is a ______________________ in which a trained or knowledgeable person offers advice or education about specific life problems or issues of living.

II. What are the various types of counseling?

Note: A fuller understanding of these methods is discussed in The Christian Counselor’s Manual by Jay Adams.

A. There is the ________________ method popularized by Carl Rogers.

   The Rogerian model is characterized by some of the following:
1. It presupposes that man has truth ______________ and through guided introspection can come to a solution.

2. It usually avoids any direct advice, confrontation and references to ________ ________________.

3. The counselor’s primary function is to help the counselee unlock the inner secrets within and realize his or her inner potential. He does this by mirroring the patient’s thoughts and ______________ what has been said.

B. There is the ______________ method popularized by Sigmund Freud.

The Freudian model is characterized by some of the following:

1. It presupposes that man is basically a ______________ when he is born and that any problems he may have are due to the fact that he has been wrongly socialized by someone or something else (e.g. parents, environment).

2. Most Freudians believe that guilt is an artificial and ____________ activity that is the result of parental and societal mores.

3. The primary method is to dig deep into the person’s soul (psyche) and past to try to analyze why they are the way they are. Balance is often achieved by being able to blame others or ________________ for one’s behavior.

C. There is the ______________ method popularized by B.F. Skinner.

The Skinnerian model is characterized by some of the following:

1. It presupposes that man is like any other animal and can be trained or behaviorally controlled by manipulating his ______________ or biology.

2. The primary method is to employ various behavior modification techniques that include _________________. It may include behavior modification by the use of various drug related treatments.

D. There is the biblical method popularized by ______________________________.

This, of course, is the method that we will be pursuing in this course about which we will give fuller definition and expression as we continue on.

III. What is biblical counseling?

A. Biblical counseling is to be distinguished from other forms of counseling in several ways:
1. Biblical counseling begins from the premise that man is _______________ and did not evolve from lower life forms.

2. Biblical counseling, therefore, sees man as the _______________ God’s creation completely distinguished from the other animals, having a spirit, soul and a body.

3. Biblical counseling acknowledges that the God who created man understands man ____________ than man understands himself.

4. Biblical counseling accepts the fact that the God of the universe has _____ _____________ about most of the issues that affect mankind.

5. Biblical counseling acknowledges that the Bible is God’s word to man and represents His opinion relative to _______________ that it addresses.

6. Biblical counseling assumes that God has given to man everything that man needs to make right decisions and solve ___________________________ (II Pet. 1:2-4).

7. Biblical counseling assumes that man will never be able to function properly unless he is in _______________ with God and His word.

B. Biblical counseling has been compromised in many ways.

1. It has been compromised by the teaching of _______________ psychology that is taught in most institutions of learning.

2. It has been compromised by educators who themselves have been trained in humanistic psychology and tend to see what they have been taught as being _______________ to religious teaching or insight.

3. It has been compromised by the teaching of _______________ and situation ethics which see the Bible as an antiquated, religious relic.

4. It has been compromised by _______________ concepts that pervade many realms of society. These concepts include the ideas that…

   a. Man is inherently ________.

   b. Man is a product of his ____________.

   c. There is no absolute ______________ (God).

   d. Morality is relative and ______________ developed.

5. It has been compromised by Christian counselors that have ______________ biblical revelation with humanistic ideas.
6. It has been compromised by the attempt to _____________ sinful behavior as diseases or disorders making it difficult to achieve biblical solutions.

7. It has been compromised by an exaltation of _______________ of counseling rather than the responsible actions of the one being counseled.

8. It has been compromised as pastors and church leaders are _______________ by professional counselor.

IV. What are the main reasons why people seek counseling?

“Counseling is the interaction of people at the need level of life sharing insights toward the solutions of real problems.” Charles H. Nichols

A. Counseling is sought in many different realms of life and living.

1. Career Counseling
2. Relationship Counseling
3. Marriage Counseling
4. Family Counseling
5. Financial Counseling
6. Grief Counseling
7. Behavioral Counseling (Addictions, Anger, Worry, Fear)
8. Crisis Counseling

B. Counseling is sought for many different reasons.

1. The counselee simply needs advice about a decision.
2. The counselee needs guidance concerning life goals.
3. The counselee needs support through an emotional season.
4. The counselee needs motivation for change.
5. The counselee needs assistance in resolving conflict.
6. The counselee needs to be free from bondage in an area.
7. The counselee needs insight into the expression of gifts and ministries.
8. The counselee needs to understand principles of cultivating and maintaining healthy friendship and relationships.
9. The counselee needs instruction in some of the practical areas of life.
10. The counselee needs to deal with issues of bitterness and unforgiveness.
11. The counselee needs help in sorting out their priorities.
12. The counselee needs direction and inspiration relative to their personal spiritual growth.

C. The counseling process may be initiated by the presence of certain symptoms in the counselee(s).

Some of these include: Depression, loneliness, bitterness, resentment, stress, guilt, conflict, fears, frustration, etc.

V. Where is the ministry of counseling found in the Bible?

A. There are not many times when the words “counsel or counseling” are found in the Bible.

1. The closest Old Testament word that is most often translated “counsel” is the word yah-gatz. This word literally means “to advise.”
   a. Jethro gave counsel to Moses (Ex. 18:19, 23).
   b. Ahithophel was a counselor to David and Absolom (II Sam. 16:23).
   c. God is the source of counsel (Ps. 16:7-8). He is the Wonderful Counselor (Is. 9:6; 11:1-4).
   d. Much of the time this word is used in a negative sense of wicked people taking counsel together to devise wicked schemes (Jer. 49:30).

2. The closest New Testament word that is most often translated “counsel” is the word sumbouleuo. This word literally means “to give or take advice jointly.” It means “to recommend, deliberate or determine.”
   a. Most of the time it is used in a negative sense of the opponents of Jesus taking counsel how they might destroy Him (Mt. 26:4).
   b. The primary positive use of this word reminds us that God _________ ________ anyone’s counsel (Rom. 11:33-36).

B. There are many words that are found in the Bible that enter into the counseling process.

1. Reprove (Elenko)
   a. Definition: To convict, to expose, by conviction to bring to light, to admonish, to correct, to call to account, to show one his fault (demanding an explanation), to chasten, to punish
b. Other references: Mt. 18:15; Luke 3:19; John 3:20; 8:9,46; 16:8; 1 Cor. 14:24; Eph. 5:11,13; I Tim. 5:20; II Tim. 3:16; Tit. 1:9,13; 2:15; Heb. 12:5; Jam. 2:9; Rev. 3:19

2. Rebuke (Epitimao)
   a. Definition: To tax with a fault, rate, chide, reprove, censure severely
   b. Other references: Mt. 12:16; 16:22; 17:18; Luke 9:55; 17:3; Jude 9

3. Admonish (Noutheteo)
   a. Definition: To admonish, warn or exhort
   b. Other references: Acts 20:31; Rom. 15:14; I Cor. 4:14; 10:11; Eph. 6:4; Col. 1:28; 3:16; II Th. 3:15; Tit. 3:10

4. Correct (Epanorthosis)
   a. Definition: To correct, to restore to an upright or right state, to raise up again, to reform, to restore, to reestablish
   b. See: II Timothy 3:16-17; James 5:19-20

5. Judge (Krino)
   a. Definition: To separate, put asunder, to select, to approve, to determine, decree, to judge, to pronounce an opinion concerning right and wrong, to rule, to govern, to preside over with power of giving judicial decisions
   b. Other references: I Cor. 6:2-31; 14:29
Lesson 2b-3
The Word and the Spirit in Counseling

I. What are the most important elements of the counseling process?

A. The two most important elements of the counseling process are the ___________ and the ________________.

B. The Spirit and the Word _____________________ (Acts 10:44; Eph. 6:17; 1 Th. 1:5; 1 John 5:7).

II. What is the place of the Holy Spirit in the counseling process?

A. It is good to remind ourselves that the Holy Spirit is the only one in the New Testament Who is called a “______________” (John 14:16-17).

B. It is good to remind ourselves what ______________ the Holy Spirit is in relation to the believer.

1. The Holy Spirit is the agent by which the Father ____________ (John 6:44; Luke 14:16-23 [the Holy Spirit is the Servant]).

2. The Holy Spirit causes the believer to acknowledge Jesus as _________ (I Cor. 12:3).

3. The Holy Spirit is responsible for the ________________ of the human spirit (John 1:12-13; 3:5-6).

4. The Holy Spirit ________ the believer continually (Eph. 5:18).

5. The Holy Spirit sets us free from the law of sin and death __________ the believer to put to death the deeds of the flesh (Rom. 8:2, 13).

6. The Holy Spirit sanctifies us, sets us apart and makes us _________ (I Cor. 6:11; II Th. 2:13; I Pet. 1:2).

7. The Holy Spirit works to ________________ into the image of Christ (II Cor. 3:18).

8. The Holy Spirit ________________ the believer (Tit. 3:5).

10. The Holy Spirit _______________ the believer in the inner person (Eph. 3:16; cf. II Cor. 4:16).

11. The Holy Spirit _______________ the believer (Acts 8:29; I Tim. 4:1; Rev. 2:7, 11, 17, 29).

12. The Holy Spirit __________ the believer (Rom. 8:14; Gal 5:16, 25).


14. The Holy Spirit reveals the _________________ of God to the believer (John 16:14; I Cor. 2:9-14).

15. The Holy Spirit opens the believer’s _________________ to the things of God (I Cor. 2:12).


17. The Holy Spirit helps and guides in ____________ and intercession (Rom. 8:26-27; Eph. 6:18; Jude 20).


20. The Holy Spirit is a helper who ___________ with us forever (John 14:16).

C. It is good to remind ourselves of those things that the Holy Spirit can do that we as counselors cannot do.

1. The Holy Spirit can bring ________________ of sin (John 16:18).
2. The Holy Spirit can speak to a person ________________ (Ps. 16:7).
3. The Holy Spirit can identify the thoughts and ____________ of the heart (Ps, 139:23-24).

III. What is the place of the Word of God in the counseling process?

It is important to understand that the Holy Spirit works _________________ the Word of God.

A. It is good to remember the _________________ qualities of the Word of God.
1. God is _____________ and so is His Word (I Cor. 1:9; II Pet. 1:19).
2. God is _______________ and so is His Word (I Pet. 1:22-23).
3. God is _____________ and so is His Word (I Pet. 1:25; Is. 40:8).
4. God is ______________ and so is His Word (Heb. 4:12; Ps.107:20; 147:18).
5. God is _________ and so is His Word (Rom. 1:2; II Tim. 3:15).
6. God is _____________ and so is His Word (Ps. 33:6).
7. God is _________ and so is His Word (Is. 39:8; Heb. 6:5).
8. God is _____________ and so is His Word (Ps. 33:4).
9. God is _________ and so is His Word (Ps. 119:43,160).
10. God is ______________ and so is His Word (Ps. 119:89).
11. God is _________ and so is His Word (Ps. 119:105).
12. God is ___________ and so is His Word (John 6:63).
13. God is _________ and so is His Word (Ps. 119:140; Pro. 30:5).
14. God is the source of _________ and so is His Word (Ps. 119:50).
15. God is the source of _________ and so is His Word (Ps. 130:5; 119:74, 81, 114).
16. God is to be ____________ and so is His Word (Is. 66:2, 5).

B. It is good to remember the function of the Word of God in the life of the believer.

1. The Word of God is a hammer (Jer. 23:29). It is able to break up and make an impression on ________________.
2. The Word of God is a mirror (Jam. 1:23-25). It reveals to man his ________ spiritual condition.
3. The Word of God is a two-edged sword (Eph. 6:17; Heb. 4:12). It works __________ to bring victory to our lives. It works __________ to convict and divide (II Tim. 3:16; Jam. 1:23-24).
4. The Word of God is a **judge** (Heb. 4:12). The Word of God passes right ____________ on the innermost nature of man.

5. The Word of God is **water** (John 15:3; Eph. 5:26). It refreshes, cleanses and purifies the __________ from the defilements of sin.

6. The Word of God is **seed** (Luke 8:11; I Pet. 1:22-23). It is sown in the heart to bring forth a spiritual ____________.

7. The Word of God is **food** (Jer. 15:16). It is that which imparts _____________ to the spiritual man (Deut. 8:3; Ps. 119:103; Job 23:12).
   a. It is milk for babes (I Pet. 2:2; Heb. 5:12-13).
   b. It is bread for the mature (Is. 55:1-2; Mt. 4:4).
   c. It is strong meat or solid food for the adult (I Cor. 3:2; Heb. 5:12-14).
   d. It is as sweet and delightful as honey (Ps. 19:10; 119:103).

8. The Word of God is a **lamp** (Ps. 119:105; Pro. 6:23; II Pet. 1:19).
   a. It imparts life to darkened man (John 6:63; II Cor. 3:18).
   b. It exposes areas of sin in our lives (Heb. 4:12-13).
   c. It gives direction and guidance (Pro. 6:22-23).

9. The Word of God is **true riches** (Ps. 19:10; 119:72). It makes the possessor rich and ____________.

10. The Word of God is a **fire** (Jer. 20:9; 23:29).
    a. It warms the heart.
    b. It gives zeal for service.
    c. It exposes the wood, hay and stubble in our lives (I Cor. 3:12-15).

**IV. What are the advantages of a Christian in the counseling process?**

**A. The Counselor has a distinct advantage.**

1. The Counselor has an ____________ source of truth as his or her disposal (II Pet. 1:3; II Tim. 3:16-17).

2. The Counselor has the unlimited ____________ of God as his or her disposal.
a. When you have the Holy Spirit you have ______________ (Acts 4:31).

b. When you have the Holy Spirit, ______________ the Spirit operate within you.

3. The Counselor has the Holy Spirit or THE Counselor _________________ him or her (John 14:16-17).

B. The Counselee has a distinct advantage.

1. The Counselee has the Holy Spirit _________________ as well (John 14:17; Rom. 8:9; I Cor. 3:16; 6:17; II Cor. 6:16; Gal. 2:20; II Tim. 1:14; I John 2:27).

2. The Counselee has broken the _________________ in water baptism (Rom. 6:1-14).

3. The Counselee has been _________________ by the Holy Spirit (Acts 1:4-5, 8; 2:4).

4. The Counselee has the _________________ upon his or her life (I Cor. 1:4; Heb. 12:15).

5. The Counselee has God working _________________ (Phil. 2:12-13).

V. What temptations do Counselors need to resist?

A. The Counselor needs to resist the temptation to lean on his or her __________ _______ and strength rather than on the wisdom from above represented to us in the Word of God and on the power available to us by the Spirit of God (I Cor. 2:1-5).

B. The Counselor needs to resist the temptation to __________ the wisdom of the world and the wisdom of God (Jam. 3:11).

C. The Counselor needs to resist the temptation to build on a life that has ______ ________________ (I Cor. 2:13-14).
Lesson 4
The Ministry of Counseling

I. How can Jesus be seen as the model counselor?

A. Jesus was called the “______________ Counselor” (Is. 9:6).
   1. He counseled Nicodemus (John 3:1-5).
   2. He counseled the woman at the well (John 4:18).
   3. He counseled a man concerned about his inheritance (Luke 12:15).

B. Jesus had _______________ to counsel.
   1. Jesus had a heart of _______________ (Mt. 9:36; 14:14; 20:34).
   2. Jesus had the heart of a ____________ (John 13:3-5; Mark 10:43-45).
   3. Jesus was willing to work with the ______________ and untouchable (Mt. 8:1-4; John 8:11).
   4. Jesus did not have a _______________ heart (John 8:11). Jesus was touched by the condition of mankind (Heb. 4:15).

C. Jesus had the right attitude toward ______________.
   1. Jesus was not ________________ by sinners (Mt. 9:10-13; Luke 15:2).
   2. Jesus was not ________________ by sinners (John 8:1-12).
   3. Jesus was not ___________ of the demon possessed (Mt. 17:14-18; Mark 5:1-8).
   4. Jesus was confident and ____________ in Himself and understood Who He was before the Father (John 13:3-4).

D. Jesus had the _________________ to counsel.
   1. Jesus was ____________ from sinners (Heb. 7:26).
   2. Jesus was able to _____________ to the human condition (John 2:24-25).
   3. Jesus was ______________ with people (John 20:24-29).
      a. Word of Knowledge (John 4:18).
      b. Word of Wisdom (Mt. 22-21-22)
c. Discerning of Spirits (Mt. 9:32-34)
d. Working of Miracles
e. Gifts of Healing

5. Jesus had a good working knowledge of the _________________.

E. Jesus used ______________ of God in counsel.


2. Jesus __________________ the Word of God for self discovery (Mt. 9:13; 12:3-5).

II. Is there such a thing as a “ministry of counseling” from a biblical point of view?

The answer to this question is both _______ and _______.

A. The ministry of counseling is ______ one of the ministries listed in the New Testament.

B. The function of counseling is seen as an aspect of the work of ____________.

1. As such the ministry of counseling is an extension of _______________ to the needy (Ps. 23).

2. As such the ministry of counseling is an extension of the ______________ ministry in the local church.

C. The nearest ministry to that of counseling that is referenced in the Bible is that of an _______________ (Rom. 12:8).

1. The word “exhortation” in the New Testament refers specifically to “an appeal, an entreaty, encouragement, consolation and ______________.”

   To exhort someone is “to admonish, or to urge someone to pursue some course of action. It literally means:
   
   • To appeal to, urge, encourage and exhort.
   • To implore, request, entreat.
   • To comfort and cheer up
   • To try to console or conciliate, and speak to someone in a friendly manner.

2. In the New Testament an exhorter is one who is called to someone’s _______.

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3. An exhorter is someone who offers ____________ strength and comfort that the Father (Rom. 15:5; II Th. 2:16-17), the Son (I John 2:1; 14:6) and the Holy Spirit (John 14:26; 15:26; 16:7; Acts 9:31) provide.

4. _______________ is called to a ministry of exhortation (I Th. 5:11; Heb. 3:13; 10:24-25).

5. There will be those who seem to have a ________________ in this area of function in the body (Rom. 12:8). Those who function in the ministry of exhortation operate in the following manner.

a. They ___________________ and encourage people in times of tribulation, affliction, sorrow and bereavement (Mt. 2:18, 5:4; I Th. 3:2-3).

b. They ____________ for those that are sick (Mt. 8:5).

c. They encourage and __________ people regarding their future in relation to God’s purposes (I Th. 5:14-18; Luke 3:18).

d. They ____________ people when they are not entering into the full privileges of their inheritance (Luke 15:28).

e. They _______ the careless and apathetic of impending danger and encourage watchfulness (Rom. 16:17-18).

f. They exhort and ____________ others to follow the ways of God (Acts 2:40; 11:23; Eph. 4:1; Jude 3).

g. They warn others of __________ they sense in the course they have set for themselves (Acts 21:12; I Th. 5:14; II Th. 3:11-12).

h. They come to the side of those who have __________, but have demonstrated repentance (II Cor. 2:6-8).

D. The ministry of counseling can be summarized with a number of truly biblical words and concepts including,

- Reproving
- Encouraging
- Instructing
- Training
- Admonishing
- Edifying
- Exhorting
- Comforting
- Warning
III. **What are the different levels of counseling?**

A. Level One: The ______________ speaking directly to the heart of an individual.

   One of the objectives of the Counselor is to get people to function at this level. The Holy Spirit is committed to speaking to people from ________________.

B. Level Two: The ________________ of the church ministering to members of the church.

   Leaders of the church have been called by God to minister to the needs of the flock.

C. Level Three: ____________ counselors ministering to those entrusted to them.

   Trained counselors are really an extension of the pastoral ministry of the local church.

D. Level Four: ____________ counseling other believers (Rom. 15:13-15, Amp.; Gal. 6:2; I Th. 5:14).

   *May the God of your hope so fill you with all joy and peace in believing [through the experience of your faith] that by the power of the Holy Spirit you may abound and be overflowing (bubbling over) with hope. Personally I am satisfied about you, my brethren, that you yourselves are rich in goodness, amply filled with all [spiritual] knowledge and competent to admonish and counsel and instruct one another also.*
Lesson 5-6
The Qualifications of the Counselor

I. There are many biblical qualifications for those who serve the people of God as representative of the Lord and of church leadership (I Tim. 3:8-13; Acts 6:3).

All of these qualifications can be summarized in terms of moral, domestic and spiritual qualifications.

A. Moral Qualifications

1. Not double-tongued (I Tim. 3:8)

   This would imply that people who are appointed to work on an intimate level with the people of God are not known for _____________.

2. Not given to wine (I Tim. 3:8)

   The servants of the house cannot be those that are dominated or ____________ ____________ of anything but their relationship to the Lord.

3. Not greedy for money (I Tim. 3:8)

   It is critical that those who serve in this capacity are not covetous or interested in what they can get out of it _________________.

4. Blameless (I Tim. 3:10)

   Appointed counselors must be above reproach in all areas of life, especially those areas for which they will be offering _________________.

5. Proven (I Tim. 3:10)

   Those given this position should already be living the life of a servant _____________ they are entrusted with the responsibility of a servant.

6. Sober-minded (I Tim. 3:11)

   This means that those who serve in such a way are known for their sound mind and _________________.

7. Not slanderous (I Tim. 3:11)

   This term describes one “given to fault finding with the demeanor and conduct of others, and ________________ innuendoes and criticism about them.”
8. Faithful in all things (I Tim. 3:11)

Those who work closely with God’s people should be known for the fact that when they are given a responsibility or an assignment they are always faithful to ________________.

B. Domestic Qualification

1. Husband of one wife (I Tim. 3:12)

The laws of God are a priority for this individual who has ______________ affections.

2. Ruling his own house well (I Tim. 3:12)

This means that the person must first be a good parent, doing a good job and leading a ____________________ at home.

C. Spiritual Qualifications

1. Full of the Holy Ghost (Acts 6:3)

Natural ability is important but it plays a ______________ to the life that is motivated and empowered by the Holy Spirit.

2. Full of wisdom (Acts 6:3)

Individuals working as representatives of the leadership will need much wisdom and they must know ______________ wisely.

3. Reverent (I Tim. 3:8)

These people are to be such that they ____________ the reverence, awe and respect of others.

4. Holding the mystery of the faith with a pure conscience (I Tim. 3:9).

This person must be spiritually ______________, so that along with immediate counsel they can birth long term loyalty and faith toward God.

II. There are many practical qualities that make a person better suited for the counseling ministry.

The Counselor:
A. Must be an _____________ of the believer (I Tim 4:12).

This means being an example in the following areas:

1. In separation from sin.
2. In love for righteousness.
3. In desires to see God’s purposes established corporately and individually.
4. In compassion and concern for others.
5. In the personal discipline of prayer and Bible study.

B. Must have the __________________ operating in his or her life (Gal. 5:22-23).

1. Love
2. Joy
3. Peace
4. Patience
5. Gentleness
6. Goodness
7. Faith
8. Meekness
9. Self Control

C. Must be _____________ of people.

There are seven reasons why people will come to you for counsel.

1. People turn to those that they ____________.
2. People turn to those that they ____________.
3. People turn to those that they personally ____________.
4. People turn to those who show willingness to ____________ with people.
5. People turn to those who demonstrate ____________ (Mt. 7:28-29).
6. People turn to those who they perceive ____________.
7. People turn to those whose lives are ____________.

D. Must have true ____________ (Pro. 11:2-3).
1. Humility means that you do not counsel with an air of ______________.

2. Humility means that you know and can be honest with your ______________ ________________.
   
a. This means being aware of your own _____________ and physical state.

   b. The means that you do not counsel in areas where you do not possess appropriate ______________.

3. Humility means that you keep yourself impervious to ______________.

4. Humility means that you position yourself as ______________ to those for whom you are ministering (1 Th. 2:1-8).

E. Must view God’s word as the only _____________ authority on which to build (Ps. 19:7; John 6:63).

   1. To be a good counselor you must know ______________ (Col. 3:16).

   2. To be a good counselor you must _______________ that you use as homework or recommended reading.

F. Must have a deep loyalty to and agreement with the ________________ and its leaders.

   1. This includes a loyalty to the ________________ of the local church (Acts 20:30).

   2. This includes a loyalty to ______________ of the local church.

   3. This includes a loyalty to ______________ established for counseling in the local church.

   4. This includes a loyalty to and an agreement with ________________ of the local church in the life of every believer.

   5. This includes functioning under ______________ of the leadership of the local church in the work that you do.

Every believer needs the dynamics of the local church working for them as they attempt to deal with their personal problems. The local church is their spiritual support system (Eph. 4:16).

Recommend course titled *The Local Church*
G. Must have a basic understanding of authority and ________________________.

1. In the home (Recommend course titled *Family Issues*)

2. In the church (Recommend course titled *Local Church*)

3. In secular society (Recommend course titles *Life Management III*)

Recommend course titled *Social Roles and Relationships*

H. Must have an understanding of the ________________________.

1. Governed by __________

2. Governed by __________

3. Governed by __________

Recommend course titled *Social Roles and Relationships*

I. Must have a confidence in the ________________ and approach of confrontation as prescribed in Matthew 18:15-18.

Moreover if your brother sins against you, go and tell him his fault between you and him alone. If he hears you, you have gained your brother. But if he will not hear, take with you one or two more, that “by the mouth of two or three witnesses every word may be established.” And if he refuses to hear them, tell it to the church. But if he refuses even to hear the church, let him be to you like a heathen and a tax collector. Assuredly, I say to you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.

J. Must be confident in and dependent upon the ________________ as THE Counselor.

The counselor depends on the Holy Spirit for at least four things.

1. For enablement

2. For revelation and insight

3. For supernatural gifts

4. For personal comfort and encouragement

K. Must be _______________ to people.
Lesson 7-9
Foundations for Biblical Counseling

I. The first foundation for entering into biblical counseling is the foundation of the Gospel.

A. The Gospel is the single most ___________________ in bringing deliverance into the lives of people (Acts 8:5-8; Rom. 1:16).

1. A person who has not received the Gospel and is not born again is, therefore, not ________________ be counseled (I John 5:4-5).

This is true for several reasons:

a. They have a sin nature that affects _______________ that they do (John 3:16-21, esp. 19).

b. They have no natural inclination _______________ (Jer. 17:9; Rom. 3:23).

c. They have _______________ to change even though they may want to (Rom. 7:15-25, NLT).

d. They do not have the ability to _______________ spiritual concepts (I Cor. 1:18-25; 2:14; Pro. 12:15).

e. They are ___________ to sin (Rom. 6:17, 20; 7:5-6; II Tim. 2:24-26).

f. They are not subject to the law of God and cannot ___________ God (Rom. 8:7-11).

g. They exalt their own ______________ above the Word of God (Pro. 14:12; 16:25).

2. A person who has not received the Gospel cannot exhibit the _______________ toward others (I John 4:7-11).

a. Unbelievers can only love on a _______________ (I Cor. 13:4-8; Phil. 2:1-4).

b. Unbelievers love _______________ first (II Tim. 3:1-2).

c. Unbelievers make decisions that are in their own ________________ (Phil. 3:18-19).

d. Unbelievers are controlled by human _______________ (Rom. 7:5; Gal. 5:24; Tit. 3:3).
3. The work of Christ on the cross provides a _______________ in our situation (Col. 1:21-22).

   a. Once we were ________ in trespasses and sin, but now we are made __________ in Christ (Eph. 2:1-6).
   b. Once we had __________ toward God, but now we ________ Him who first loved us (Rom. 8:7-8; I John 4:19).
   c. Once we were ______________, but now we are children of God (Eph. 2:11-13).
   d. Once we were ______________ God, but now we have been brought ________ (Eph. 2:13).
   e. Once we were ________ and dwelling in darkness, but now the light of the gospel has shined unto us and we ________ (Ps. 18:28; John 8:12; Eph. 5:8; I Pet. 2:9-10).
   f. Once we were destined for _______ as children of wrath, but now we are destined for ____________ as the bride of Christ (II Th. 1:7-10).
   g. Once we were _____________ by the devil and taken captive to do his will, but now our chains have been broken and the prison doors opened Ps. 124:7; (II Tim. 2:26).

4. The work of Christ on the cross makes major _______________ possible.
   - Christ was abandon so that you would never be alone.
   - Christ became sin so that you could be righteous.
   - Christ was punished so that you could receive mercy.
   - Christ died so that you could experience life.
   - Christ became a curse so that you could be free from the curse.
   - Christ was taken captive so you could be free from bondage.
   - Christ was falsely charged so that you could not be charged.
   - Christ was stripped naked so that you could be clothed with royal robes.
   - Christ was condemned so that you could experience no condemnation.
   - Christ submitted to death to deliver you from death’s power.
   - Christ carried our grief so you could have joy unspeakable.
   - Christ’s body was torn so that you might be healed and whole.
   - Christ was humiliated and abased that you might be exalted.
• Christ was forsaken by the Father so you might have full access.

B. The Gospel includes several elements that all have a powerful influence on the counseling process.

Think of how each of these elements can affect the counseling process.

1. Repentance
   a. Let us remind ourselves of the ___________ of repentance.

   Charles Finney defined repentance this way: “It implies an intellectual and a hearty giving up of all controversy with God upon each and every point. It implies a conviction that God is wholly right, and the sinner wholly wrong, and a thorough and hearty abandonment of all excuses and apologies for sin.”

   Oswald Chalmers defined repentance this way: “It describes that deep and radical change whereby a sinner turns from the idols of self and sin unto God, and devotes every movement of the inner and outer man to the captivity of His obedience.”

   b. Let us remind ourselves of the __________ repentance in someone’s life.

      i. They will have a godly sorrow for sin (II Cor. 7:9-11).
      ii. They will hate pride and selfishness (Job 42:5-6).
      iii. They will have a godly hatred for sin (Ezek. 36:31-33).
      iv. They will confess their sins when confronted with them (I John 1:9).
      v. They will have a desire to turn away from and forsake sinful behavior (Pro. 28:13).
      vi. They will desire to put on the new man (Eph. 4:22-24).
      vii. They will make restitution for damage that they have done (Luke 19:8-9).

2. Faith
   a. Let us remind ourselves of the _____________ of faith.

      “Faith toward God is simply to trust God, to have confidence in Him and His word. To believe what God has said, that His word is true, and what He has promised, He will perform.” --Kevin Conner
“To believe God is to rely upon or have unhesitating assurance of the truth of God’s testimony, even though it is unsupported by any other evidence, and to rely upon or have unaltering assurance of the fulfillment of His promises, even though everything seen seems against fulfillment.” --R.A. Torrey

“Now faith is the assurance (the confirmation, the title deed) of things (we) hope for, being the proof of things (we) do not see and the conviction of their reality - faith perceiving as real fact what is not revealed to the senses.” Hebrews 11:1, Amplified Bible

Other translations:

What is faith? It is the confident assurance that what we hope for is going to happen. It is the evidence of things we cannot yet see. –NLT

b. Let us remind ourselves of the ______________ of faith.

Pamela Reeve in her book Faith Is…offers many statements that relate faith to our daily lives (Faith Is…, 1970, Multnomah Press). Think of how these statements relate to the counseling process. Here are just a few examples:

Faith is…

• The conviction of realities I cannot see or feel.

• Allowing God to straighten the record when false things have been said about me.

• Doing the right thing regardless of the consequences knowing God will turn the ultimate effect to good.

• Rejecting the feeling of panic when things seem out of control—His control.

• Recognizing that God is the Lord of Time when my idea of timing doesn’t agree with His.

• The assurance that God is perfecting His design for me when my life’s course, once a swift-flowing current seems a stagnant pool.

• Confidence that God is acting for my highest good when He answers “NO” to my prayers.

• Not related to my believing hard enough, nor my emotional exhilaration or flatness, but rests on what God guarantees in His Word.
• Not a vague hope of a happy hereafter, but an assurance of heaven based on my trust in Christ’s death as payment for my sins.

c. Let us remind ourselves that faith does not focus on what Satan says or on the circumstances but the ________________ our God (Ps. 46:1-3).

Wendell Smith in his book *Great Faith* expressed confidence in the magnitude of God this way (pg. 27).

• There is no problem He cannot solve.
• There is no question He cannot answer.
• There is no disease He cannot heal.
• There is no demon He cannot cast out.
• There is no enemy He cannot defeat.
• There is no difficulty He cannot overcome.
• There is no stronghold He cannot bring down.
• There is no bondage He cannot break.
• There is no prison He cannot open.
• There is no need He cannot meet.
• There is no mountain He cannot move.
• There is nothing too hard for our God!

3. Water Baptism

There are things that happen to believers in the experience of baptism that are crucial for them to be able to deal with their own problems.

a. The old nature is put to death (Rom. 6:3-7).

b. The new man comes forth (Rom. 6:3-6; Col. 2:12).

c. The slavery to sin is broken in a person’s life (Rom. 6:3-6, 17-.23).

d. There is a circumcision of the heart (Col. 2:11-15).

4. Baptism of the Holy Spirit

What happens when we are baptized in the Holy Spirit?

The Bible teaches that the baptism of the Holy Spirit is an endowment with ___________ to do the commands of Christ (Luke 24:49; Acts 1:8).

II. The second foundation for biblical counseling is the establishing individual Christian disciplines in the life of believers.
There are several Christian disciplines that will assist everyone in becoming more Christ-like. Some of these disciplines include the following:

A. Personal Prayer

1. Prayer is vital to the personal success of every believer.

2. God promises to hear and respond to the prayers of believers (Ps. 34:15; Pro. 15:29; Jam. 5:16; I John 5:14-15).

3. Prayer is the channel through which the Holy Spirit speaks to the believer.

B. Personal Bible Reading and Study

Notice the eight-fold ministry of the Word described in II Timothy 3:16-17.

The Word is profitable…

- For Doctrine
- For Reproof
- For Correction
- For Instruction
- For Convincing
- For Rebut
- For Exhortation
- For Comfort

Note: For more teaching on prayer and personal Bible reading refer to the course Prayer and Personal Bible Study.

C. Regular Church Attendance (Heb. 10:24-25).

What happens to people in the context of regular church attendance that will assist them in facing the challenges of life?

1. They become more kingdom and others _______________ (Mt. 6:33).

2. They become an ______________ member of the body of Christ (Eph. 4:16).

3. They provide and receive mutual _______________ (I Cor. 14:26).

4. They receive exhortation and comfort ________________ (Col. 3:16).

5. They get a ___________ beyond themselves.

6. They are challenged by ____________ of other believers.
7. They experience all of the “one another’s” of the New Testament Christian community.
   a. Stirring up one another (Heb. 10:24).
   b. Encouraging one another (Heb. 3:13).
   c. Comforting one another (I Th. 5:14; Gal. 6:2).
   d. Building up one another (Rom. 14:19; 1 Thess. 5:11).
   e. Praying for one another (Jam. 5:16).
   f. Teaching and admonishing one another (Col. 3:16).
   g. Serving and sacrificing for others (I John 3:16).
   h. Meeting the practical needs of others (I John 3:17-18)
   i. Giving financially to others (Rom. 12:13).
   j. Exchanging of skills with others (Eph. 4:28).
   k. Rushing to the “emergency” needs of others (Tit. 3:14-NAS).
   l. Showing hospitality to others (Rom. 12:13; I Pet. 4:9).
   m. Doing good to others (Gal. 6:9-10).
   n. Rejoicing together with others (I Cor. 12:26; Rom. 12:15).
   o. Refreshing one another with joy (Rom. 1:12).

D. Christian Friendships and Relationships

1. Good friends can provide much of the __________ that we need (Eccl. 4:9-12).
   This verse teaches that:
   a. A person who has friends has someone __________ in his or her labor.
   b. A person who has friends has someone __________ him up when he or she falls.
   c. A person who has friends has someone to _____________ to his or her life.
   d. A person who has friends has someone to help him or her overcome ____________.

2. Bad friends or evil associations can lead us down the _______________ (Pro. 12:26; 13:20; I Cor. 15:33; Ps. 106:19-20).
Here are five types of people that you do not need as friends.

a. __________ or hot-tempered people (Pro. 22:24-25)

b. __________ people (Eph. 5:11; Jam. 4:4)

c. __________ people (Pro. 12:26; II Cor. 6:14-15; Gal. 5:19-21)

d. ________________ people (II Tim. 3:1-5)

e. _________________, unrepentant “Christian” people (Mt. 18:15-17; I Cor. 5:11; II Th. 3:6, 14-15).

These are people who profess to be Christian but who live a lifestyle characterized by some of the following:

- Covetousness—Inordinately desirous or greedy.
- Idolatry—Inordinately fond of anything above the Lord.
- Railing—Abusive and scornful in their language.
- Drunkenness—Habitually drinking to excess.
- Extortion—Obtaining gain by dishonest means.
- Fornication—Involved in illicit sexual relationships.
- Hardness of Heart—Refusing to reconcile an offense with a brother.

Note: For more teaching on friendship refer to the course Social Roles and Relationships, Lessons 5-7.

E. Systematic Tithing and Giving to the Poor

Think of the promises of prosperity that come to those who tithe and honor the poor.

The Bible is full of admonitions regarding the poor. Here are the top seven:

1. When we give to the poor we __________ the Lord (Pro. 19:17).

2. When we give to the poor we actually make ourselves ________ (Pro. 11:24-25).

3. When we give to the poor we _____________ (Pro. 14:31).

4. When we are sensitive to the needs of the poor, God is more sensitive ______ ____________ (Pro. 21:13).

5. When we are liberal with others, God is ____________ to us (Pro. 22:9).
6. When we give to the poor we insure ourselves against personal ___________ (Pro. 28:27).

7. When we give to the poor, we lay up for ourselves a reward in ___________ (Luke 14:13-14).

F. Serving Others

Serving others is a sign of mature Christian living. When people are all about themselves they make no place in their life for others. As far as they are concerned the whole world revolves around them. It is difficult to work with people who are self-focused. They live in a very small world.

The believers in the Early Church seemed to tap into the keys for spiritual power in their lives. As you read through Acts 2 you will discover the elements in their life that contributed to their success.

• They continued steadfast in the apostles doctrine (Acts 2:42).
• They continued steadfast in fellowship (Acts 2:42).
• They continued steadfast in the breaking of bread (Acts 2:42).
• They continued steadfast in prayers (Acts 2:42).
• They shared their goods with one another (Acts 2:44-45).
• They had a consistent relationship to the house of God (Acts 2:46).

III. The third foundation for biblical counseling is a having a biblical understanding of local church authority and discipline.

A church cannot counsel effectively if the church does not believe in ___________ _____________.

A. Jesus gave instructions to the church as to how to handle difficulties that arise between members of the church (Mt. 18:15-18).

Jesus laid out the prescription for discipline in the local church. He indicated that true discipline moves through stages and the acceleration of discipline is totally dependent upon ________________ of the person being disciplined.

1. Private

2. Semi-Private
3. Public

B. The ___________ for discipline in the individual is very much the same as the purpose for counseling an individual.

1. To keep them from going astray (Ps. 119:67; Hos. 7:11-12; Jer. 10:23-24; Pro. 10:17; I Cor. 5:5).

2. To keep them from the calamity of the wicked (Ps. 94:12-13; I Cor. 11:32).

3. To bring them closer to God (Is. 26:16).

4. To make them wise (Pro. 22:15).

5. To bring them to an experience of abundant and eternal life (Heb. 12:9).

6. To help them deal with sin and grow in righteousness in areas where they have been personally unsuccessful (Heb. 12:9-12).

7. To teach them the right ways of God (Ps. 119:71).

8. To produce greater fruitfulness in their lives (John 15:2).

9. To restore the repentant believers (Gal. 6:1; II Cor. 2:7-10).

Note: For more teaching on the topic of church discipline refer to the courses Local Church, Lesson 14 and Pastoral Ministry, Lesson 20.

IV. The fourth foundation for biblical counseling is establishing some initial commitments in the counselee.

To ensure optimal success there are four important commitments that should be made by those entering into the counseling process.

A. A commitment to the _________________

When we make a commitment to the will of God we are acknowledging four things.

1. We acknowledge that God _________________ or a will for our lives (Col. 1:9-11; 4:12).

2. We acknowledge that God’s plan is _________________ and is to be desired (Jer. 29:11-14; John 10:10).
3. We acknowledge that there are ________________ or plans from which to choose (Col. 4:12).

Actually our life is a struggle because we are confronted with a choice of four wills.

   a. ________ will (Mt. 26:39-42; I Tim. 6:9)

   b. ________ will (I Pet. 4:1-5, The Message).

   c. __________ will (II Tim. 2:26)

   d. __________ will (Mt. 7:21; 12:50; John 4:34; Eph. 1:5, 9, 11; I John 2:15-17)

4. We acknowledge that we have a personal ________________ to pursue the will of God (Phil 3:12-15).

   B. A commitment to the ________________ (Ps. 19:7-11)

       The counselor can do very little unless the people that they counsel are willing to acknowledge that the Bible is God’s word and that they are willing to bring their lives __________ the authority of the word of God.

   C. A commitment to __________ (Phil. 1:6; Pro. 4:18; II Cor. 3:18; 10:15; Eph. 4:15; Rom. 12:1-2; I Th. 4:10; II Pet. 3:18).

       Our Christian walk is a walk of growth, progress, transformation, advancement, development, maturation and increase.

   D. A commitment to __________

   E. A summary of the commitments

       The four questions that come out of these commitments are the following:

       1. Do you want God’s will for your life?

       2. Do you understand that God’s word as reflected in the Bible is God’s will for your life?

       3. Are you personally willing to change in order to better conform your life to God’s word?

       4. Are you personally willing to work to make God’s will a reality in your life?
At any point that the counselee is no longer willing to make these commitments, the counselor ________________ to proceed. At this point the counselee many need to be ____________ concerning the destiny of a life that is lived outside of the will or God and the word of God.

V. The fifth foundation for biblical counseling is establishing a sense of personal responsibility in the counselee.

A. Counselees need to face the reality that most solutions will not come from a source ________________ them.

Counselees need to be informed that their solution will not likely come from the following sources:

1. The casting out of a ___________ (Gal. 5:16-21).
2. The _______________________ for healing (Phil. 2:12-13).
3. The taking of prescribed ________________.
4. The work of the ________________.

B. Counselees need to face the reality that they are ________________ their solution.

New Testament admonitions to believers included such things as:

- Abhor that which is evil (Rom. 12:9)
- Abide in Christ (I John. 1:28)
- Abound more and abound (Thess. 4:1)
- Abstain from fleshly lusts which war against the soul (I Pet. 2:11)
- Abstain from sexual immorality (I Th. 4:3)
- Abstain from every form of evil (I Th. 5:22)
- Add to your faith virtue, knowledge, self-control, perseverance, godliness, brotherly kindness, and love (II Pet. 1:5-7)
- Arm yourself with Christ’s attitude (I Pet. 4:1)
- Avoid profane and vain babblings (I Tim. 6:20; II Tim. 2:23; Tit. 3:9)
- Awake to righteousness (I Cor. 15:34)
- Be anxious for nothing (Phil. 4:6)
- Be content with such things as you have (Heb. 13:5)
- Be courteous (I Pet. 3:8)
- Be diligent to make your calling and election sure (II Pet. 1:10; 3:14)
- Be eager to witness to Christ (I Pet. 3:15)
- Be filled with the Spirit (Eph. 5:18)
- Be followers of God (Eph. 5:1)
• Be holy in all your conduct (I Pet. 1:15)
• Be hospitable (I Pet. 4:9)
• Be kind and tenderhearted (Eph. 4:32)
• Be of the same mind (Rom. 12:16; II Cor. 13:1; I Pet. 3:8)
• Be patient unto the coming of the Lord (Jam. 5:7)
• Be reconciled to God (II Cor. 5:20)
• Be renewed in the spirit of your mind (Eph. 4:23)
• Be serious and watchful in your prayers (I Pet. 4:7)
• Be steadfast, immovable, always abounding (I Cor. 15:58)
• Be strong in the Lord and in the power of His might (Eph. 6:10)
• Be tenderhearted (I Pet. 3:8)
• Be vigilant concerning Satan (I Pet. 5:8)
• Be zealous of good works (Tit. 2:14)
• Become complete (II Cor. 13:11)
• Build yourself up on your most holy faith praying in the Holy Ghost (Jude 20)
• Cast all your care on Him (I Pet. 5:7)
• Cast off the works of darkness (Rom. 13:12)
• Cleanse your hands, you sinners (Jam. 4:8)
• Cleanse yourself from all filthiness of the flesh and spirit (II Cor. 7:1)
• Cling to what is good (Rom. 12:9)
• Clothe yourself with humility (I Pet. 5:5)
• Comfort the fainthearted (I Th. 5:14)
• Contend earnestly for the faith (Jude 3)
• Continue earnestly in prayer (Col. 4:2)
• Continue in the things that you have learned (II Tim. 3:14)
• Deny ungodliness and worldly lusts (Tit. 2:12)
• Depart from iniquity (I Tim. 2:19)
• Desire earnestly to prophesy (I Cor. 14:39)
• Desire spiritual gifts (I Cor. 14:1)
• Desire the sincere milk of the Word (I Pet. 2:2)
• Do not be carried about by strange doctrines (Heb. 13:9)
• Do not be conformed to this world (Rom. 12:2)
• Do not despise prophecies (I Th. 5:20)
• Do not be entangled again in slavery (Gal. 5:1)
• Do not be weary in well doing (Gal. 6:9; II Th. 3:13)
• Do not be wise in your own conceits (Rom. 12:16)
• Do not become [spiritually] sluggish (Heb. 6:12)
• Do not cast away your confidence (Heb. 10:35)
• Do not conform yourselves to the former lusts (I Pet. 1:14)
• Do not forsake the assembling of yourselves together (Heb. 10:25)
• Do not grieve the Holy Spirit of God (Eph. 4:30)
• Do not grumble against one another (Jam. 5:9)
• Do not imitate what is evil, but what is good (III John 11)
• Do not love the world or the things of the world (I Jn. 1:15)
• Do not quench the Spirit (I Th. 5:19)
• Do not refuse Him who speaks (Heb. 12:25)
• Do not render evil for evil (I Pet. 3:9)
• Do not show partiality or favoritism (Jam. 2:1)
• Do not speak evil of one another (Jam. 4:11)
• Draw near with a true heart in full assurance of faith (Heb. 10:22)
• Endeavor to keep the unity of the Spirit (Eph. 4:3)
• Endure hardness (II Tim. 2:3)
• Establish your hearts (Jam. 5:8)
• Examine yourselves as to whether you are in the faith (II Cor. 13:5)
• Exhort one another (Heb. 10:25)
• Fear god (I Pet. 2:17)
• Fight the good fight of faith (I Tim. 6:12)
• Flee from idolatry (I Cor. 10:14)
• Flee sexual immorality (I Cor. 6:18)
• Flee these things and pursue righteousness (I Tim. 6:11)
• Flee youthful lusts (II Tim. 2:22)
• Follow peace with all men (Heb. 12:14)
• Follow in Christ’s steps (I Pet. 2:21)
• Follow the faith (conduct) of those over you in the Lord (Heb. 13:7)
• Forbear one another in love (Eph. 4:2)
• Forgive one another (Col. 3:13)
• Gird of the loins of your mind (I Pet. 1:13)
• Give thanks always (Eph. 5:20)
• Giving diligence to make our calling and election sure (II Pet 1:10)
• Grow in grace and the knowledge of Christ (II Pet. 3:18)
• Guard what was committed to your trust (I Tim. 6:20)
• Have a walk worthy of your calling (Eph. 4:1)
• Have compassion (I Pet. 3:8)
• Have no fellowship with the unfruitful works of darkness (Eph. 5:11)
• Hold fast to that which is good (I Th. 4:21)
• Hold fast the form of sound words (II Tim. 1:13; I Cor. 15:2)
• Hold fast your confession of hope without wavering (Heb. 10:23)
• Honor all people (I Pet. 2:17)
• Honor the King (I Pet. 2:17)
• Humble yourself (I Pet. 5:6; Jam. 4:10; I Pet. 5:6)
• Imitate…Christ (I Cor. 11:1)
• Keep yourself unspotted from the world (Jam. 1:27)
• Keep yourself from idols (I John 5:21)
• Keep yourself in the love of God (Jude 21)
• Keep yourself in the love of God (Jude 21)
• Lay aside all filthiness and overflow of wickedness (Jam. 1:21)
• Lay aside all malice, envy, and all guile (I Pet. 2:21; II Pet. 2:2)
• Let brotherly love continue (Heb. 13:1)
• Let no corrupt communication proceed out of your mouth (Eph. 4:29)
• Let us offer the sacrifice of praise continually (Heb. 13:15)
• Let your conduct be worthy of the Gospel (Phil. 1:27)
• Let your conduct be without covetousness (Heb. 13:5)
• Let your speech always be with grace (Phil. 4:6)
• Live in peace (II Cor. 13:11)
• Live no longer for yourself (II Cor. 5:15)
• Love one another fervently (I Pet. 1:22; 2:17; 3:8; 4:8; I Jn. 4:7, 11)
• Make straight paths for your feet (Heb. 12:13)
• Maintain good works (Tit. 3:8, 14)
• Meditate on these things (Phil. 4:8)
• Meet urgent needs (Tit. 3:14)
• Minister to one another the gifts of God (I Pet. 4:10)
• Mortify your members which are on the earth (Col. 3:5)
• Obey those who have the rule over you (Heb. 13:17)
• Present your bodies a living sacrifice (Rom. 12:1)
• Prove yourselves (II Cor. 13:5)
• Pray without ceasing (I Th. 5:17)
• Purify your hearts (Jam. 4:8)
• Purify your souls by obeying the truth (I Pet. 1:22)
• Purify yourselves (I John 3:3)
• Pursue righteousness, faith, love, peace (II Tim. 2:22; I Cor. 14:1)
• Pursue holiness (Heb. 12:14)
• Put off all bitterness and wrath (Eph. 4:31)
• Put off the old man (Eph. 4:22)
• Put on the armor of light (Rom. 13:12)
• Put on the new man (Eph. 4:24)
• Put on the whole armor of God (Eph. 6:11)
• Put on love (Col 3:14)
• Quench not the Spirit (I Th. 5:19)
• Reach forward to the mark of the high calling (Phil. 3:13)
• Reckon yourself dead to sin (Rom. 6:11)
• Resist the devil and he will flee from you (Jam. 4:8; I Pet. 5:9)
• Rest your hope fully upon His saving grace (I Pet. 1:13)
• Rejoice in the Lord always (Phil. 4:4)
• Return blessing for cursing (I Pet. 3:9)
• Run the race (Heb. 12:1)
• Sanctify the Lord God in your hearts (I Pet. 3:15)
• Seek those things which are above (Col. 3:1)
• Separate from the world (II Cor. 6:17)
• Serve by love (Gal. 5:13)
• Serve God acceptably with reverence and godly fear (Heb. 12:28)
• Set your mind acceptably on things above (Col. 3:2)
• Shun profane and vain babblings (I Tim. 2:16)
• Speak the truth in love (Eph. 4:15)
• Stand fast in the faith (I Cor. 16:13)
• Stand fast in the liberty by which Christ has made us free (Gal. 5:1)
• Stand fast in the Lord (Phil. 4:1)
• Strengthen the hands which hang down, and the feeble knees (Heb. 12:12)
• Submit one to another (Eph. 5:21)
• Submit to every ordinance of man for the Lord’s sake (I Pet. 2:13)
• Submit to God (Jam. 4:7)
• Test all things, hold fast to what is good (I Thess. 5:21)
• Test the spirits (I John 4:1)
• Think no evil (I Cor. 13:5)
• Think on these things (Phil. 4:8)
• Uphold the weak (I Th. 5:14)
• Walk as children of light (Eph. 5:8)
• Walk circumspectly (Eph. 5:15)
• Walk in the light (I John 1:7)
• Walk in wisdom toward those who are outside (Col. 4:5)
• Warn the unruly (I Th. 5:14)
• Watch and stand in the faith (I Cor. 16:13)
• Withdraw from every brother who walks disorderly (II Th. 3:6)
• Work out your own salvation (Phil. 2:12)
• Yield yourself to God (Rom. 6:13)

VI. The sixth foundation for biblical counseling is an understanding of the principle of sowing and reaping.

A. God relates to us based on the principle of ___________ and reaping (Gal. 6:7-9).

1. This is true in the ___________ realms of life.

   a. With the devious, God will show Himself ____________ (Ps. 18:26; Pro. 3:34).

   b. Those who sow in iniquity will reap ____________ (Pro. 22:8).

   c. Those who sow the wind will reap the _______________ (Hos. 8:7a).

2. This is true on the ___________ realms of life.

   a. To the merciful God extends ____________ (Ps. 18:25; Mt. 5:7).


   c. To the generous God extends _______________ (Luke 6:38; II Cor. 9:6).
B. We will reap what we sow in the lives of _______.

When we sow negative things into a relationship, we can only expect to get negative things out of that relationship.

C. Reaping does not __________________________ sowing.

| OLD SOWING | OLD REAPING NEW SOWING | NEW REAPING |
Lesson 10  
Counseling Presuppositions

I. Some of the presuppositions have already been noted in the previous lessons.

A. Every man, woman and child in the world is created by and accountable to God for their _____________.

B. God’s desire is for everyone to live a purposeful and ___________ life (John 10:10).

C. Every believer has the power of Christ within them and the grace of God upon them to live according to ____________________ the Scripture (Rom. 8:1-11).
   1. They have the _________ of Christ.
   2. They have the love and the _________ of God.
   3. They have the _________ of the Holy Spirit.

D. The three main resources in the hands of the counselor are the Holy Spirit, the Word of God and the ____________________.

E. The measuring rod for our lives is the word of God and it is not ____________.

F. Good sowing will always produce a good fruit or ________________.

II. Some additional presuppositions.

A. There are no ___________ problems (I Cor. 10:6-13).
   1. There may be unique external ____________________.
   2. The superficial ____________ associated with the problem may be unique.
   3. The ________________ on the inside of man are the same from person to person.
   4. All of the difficulties that anyone may experience have been ______________ _____________ by others (I Cor. 6:9-11).
   5. When we insist that our problems are too big, we ______________ the power of God and the faithfulness of God.

B. Every human being shares certain ________________.

a. Life’s needs are not ________________ by social improvement or material affluence.

b. There is an essential ________________ in every life without Christ.

c. There are many _____________ people desiring meaningful relationship.

d. People live with a sense of ____________.

e. There is a universal fear of ____________.

2. There are other needs that every person shares whether they have come to Christ or not.

   These include:

   a. The need for a sense of ____________ in life.

   b. The need for a sense of personal __________________ and worth.

   c. The need for personal ____________.

   d. The need for meaningful ________________.

   e. The need to love and to be ____________.

C. All human difficulties are ultimately the result of ________.

1. There are only three basic sources of all personal problems.

   a. The direct work of ____________________

   b. Personal sin or _____________ in our lives.

   c. Physical or organic _____________ or deficiency.

2. There are three _____________ that are identified in Scripture against which we must contend—the world, the flesh and the devil.

   a. The world speaks of a person’s ________________ or the context of their living.
b. The flesh speaks of the person themselves and the _______________, desires and cravings that must come under God’s control (Gal. 5:16-25; Rom. 13:12).

c. The devil speaks of the spiritual realm of temptation arising from _______________ of the believer (Eph. 6:10-19; I Pet. 5:8-9).

3. Ninety five percent of all problems in the life of the Christian arise from personal ________________.

4. There are _________________ of sin that are most commonly manifested—pride, love of money, selfishness, blame shifting, gossip, slander, excusing, self-justification, etc.

D. There is a _____________________ for every problem.

There are dynamic tools that God has placed in the hands of his people that have an application in almost every problem.

1. The dynamics of repentance, confession and a plea for mercy.
2. The dynamics of forgiveness, reconciliation and restitution.
3. The dynamics of faith to overcome contrary feelings.
4. Etc.

E. Problems left to themselves do not get ____________, in fact, they will always get ____________.

F. Problems experienced by one’s parents are not ________________ in one’s own life and experience (See: Jer. 31:29-30; Ezek. 18:1-32).

G. God cares about ________ of our problems (Mt. 6:25-34; 11:28-29; I Pet. 5:6-7).

H. Every Christian ________________ if they really want to change.

Every believer can change if three things are present in them.

1. They must _____________ change.
2. They must be willing to _____________ change.
3. They must understand _____________ change.

Steps to all change include:

1. Acknowledging the _____________ of Jesus.
2. Humbling yourself before Him and His word.


4. Being willing to enlist the help of ____________ to support you in change.

5. Concentrating on your new mission of ________________ and sowing good seeds for a future harvest.

I. Whenever two or more Christians meet they can depend on God ______________ ____________ (Mt. 18:19-20).
Lesson 11-12
Counseling Preliminaries

I. Preparation for Counseling

a. The Counseling Setting

1. Counseling has been known to happen in some of the following places:

   a. On the phone
   b. At the altar
   c. In the church lobby
   d. Over a cup of tea or coffee
   e. In the home
   f. In an office

2. The place where the counseling takes place will depend upon the nature of the issue being discussed.

   When the counseling will extend to nearly an hour or over several sessions, it is best to meet in a more ______________. This is true for a couple of reasons.

   a. It will help to accentuate the ______________ of the process.
   b. It will bring the counselees on to ______________.
   c. It will establish the counselor as the ______________.
   d. It will help the counselor to ______________ the length of the sessions.

3. The place where intense counseling takes place is important.

   a. It should be warm and ______________.
   b. It should be ______________.
   c. It should be out of the flow of ______________.

b. The Counselee

People that come for counseling may come with one or more of the following dispositions:

They may be feeling…

1. Anxious
2. Angry
3. Embarrassed
4. Guilty
5. Ashamed
6. Defensive
7. Hesitant
8. Resentful
9. Apprehensive
10. Doubtful
11. Suspicious
12. Nervous

c. The Counselor

The counselor should consider referring the counselee to another person when any one of the following is the case.

You should not counsel if…

1. As a counselor you know that you are completely out of ________________.
2. As a counselor you may have a ______________________ regarding the case.
3. As a counselor you are too __________________________ to one or more of the parties involved to be completely objective.
4. As a counselor you have had very _______________ experiences with one or more of the parties involved.
5. As a counselor you have had an _________________ relationships with them in the past.
6. As a counselor you cannot see them in a ___________________________ or commit to the time that will be involved in bringing the issue to solution.

d. Counseling Readiness

Some of the reasons why you may not engage someone in the counseling process.

1. They are not _________ to change.
2. They have unrealistic _________________ about the counseling process.
3. They are not willing to take the situation seriously enough to adjust their schedule to fit into _________________.
4. They are not willing ____________ when they are given assignments by the counselor.
5. They are not willing to ______________ into discovering a solution, they want a quick fix.

It is a mistake to try to resolve problems with a short phone conversation for the following reasons.

a. In such cases it is impossible to get all the ______________ that might have a bearing on the problem.

b. In such cases it is impossible to hear the ______________ of the story.

c. In such cases it is impossible to read ______________ and body language.

d. In such cases the counselor will not be at his or her __________ as a counselor.

e. In such cases they are usually in ______________ when they make the call and, therefore, not in the frame of mind to talk sensibly.

f. The Personal Data Inventory

It is best before beginning what appears to be extended counseling for he counselee to fill out the Personal Data Inventory (See example following this lesson). This should be completed and submitted ______________ the initial counseling session to save time in that session.

II. The Initial Counseling Session

A. Open in Prayer

Prayer should be a big part of the counseling process (Jam. 5:16).
1. The _______________ should spend time in prayer prior to the session asking the Lord for wisdom and supernatural insight.

2. The _______________ should spend time in prayer prior to the session asking the Lord for a sensitive heart to hear and receive the voice of the Holy Spirit.

3. Special seasons of prayer and fasting may also be prescribed as _______________ over appropriate issues.

B. Review of the Personal Data Inventory

Here the counselor will seek _______________ or qualify answers that were given or not given on the form.

C. Brief Testimony

It is good to have them share a brief testimony of their life to give you a backdrop for their problems. The testimony should focus on several things.

1. Where they were born.
2. What were the circumstances of their childhood.
3. How they came to the Lord.
4. What positive spiritual experiences they have had.
5. How they came to the church.
6. What is the main issue that is concerning them.

Additional for Couples

7. How they met as a couple.
8. What were the things that drew them to each other.

D. Lay Out Ground Rules

The counselee(s) needs to know that you as a counselor are _______________ of the gathering and that you will be establishing the ground rules as to how it will be run. Specifically they include such things as the following:

1. We will not use _______________ at any time in the counseling sessions.
2. We will speak to each other in _______________ ways at all times.
3. We will never demean another person by our _______________, body language, sighing or groaning.
4. We will not _______________ the other person when he or she is talking.
5. We will not make unsupported ______________ about what the other person thinks or feels.

6. We will not make ______________ about what another person will or will not do.

7. We will focus on what is edifying and helpful for a ______________ (I Cor. 10:23).

8. We will at all times seek the ______________ of the other (I Cor. 10:24).

E. Establish Initial Commitments

1. Establish their _________________.

2. Establish their true desire for _________________.

3. Establish their ________________

There are various types of counselees when it comes to the issue of change.

a. There are those who really _________________.

b. There are those who ________________ change for them.

c. There are those that have ________________ of changing.

d. There are those who want you to put pressure on _________________ or someone else to change.

e. There are those who expect _________________ to work without change.

f. There are those who have no friends and just want someone with whom to talk regularly _________________.

g. There are those who just want _________________ for their problem.

h. There are those who want to change but their spouse _________________.

4. Establish their willingness to _________________.

5. Establish their willingness to ________________ the standard of God’s word.

6. Establish their willingness to _____________.

7. Establish their willingness to walk by principle and not by ____________.

F. Give a Simple Assignment (Basic Assignment, See Sample)

Assignments should be given after _________________. The first thing that should be done in subsequent sessions is to examine the homework. The first assignment may have to do with simple prayer and Bible reading. If you can restore people to a strong personal devotional life with the Lord, you will have accomplished something great.

G. Give Hope

If all you accomplish in the first session is to give hope, you will have accomplished much.

H. Close in Prayer

III. Elements of the Counseling Process

A. Gathering Information

The Bible makes it clear that when we answer a matter before we hear it we are being foolish (Pro. 18:13).

B. Clarifying Statements

People love to speak in terms of sweeping generalities. The truth is that life is not lived in the abstract. All generalities must be clarified if true progress is going to be made.

C. Instilling Hope

Instilling hope in the counselee is perhaps the main task of the counselor at the front end of the counseling process. There may be many reasons why the counselee sees his or her situation as hopeless. However, we know as Christians we have powerful resources available to us. The counselor must build hope in the counselee based on the power of the Word of God, the grace of God and the Spirit of God.

D. Breaking down the Problem

The best way to tackle complex problems is to break them down into their most _______________. Often people’s problems are the result of an accumulation of several failures or issues. If you can separate some of them out, you can take several small steps to a large solution.
E. Pinpointing Underlying Attitudes

All actions are based on a particular attitude or motivation. The problem may be stealing, lying or inconsiderateness, but the root issue might be laziness, selfishness, covetousness or pride.

F. Affirming Foundational Commitments

Once the problem has been broken down and underlying attitudes have been identified, the counselor needs to revisit the original commitments to the word and will of God.

G. Bringing the Counselee to a Place of Personal Confession of Failure (Pro. 28:13).

At some point the counselee needs confess his or her own failures (Jam. 5:16a). One way to do so is to have them write down what they feel their failures are. Many will not go past this point and admit any wrong.

H. Sharing Solutions and a Prescription for Change

Develop a scriptural prescription for change. Right diagnosis is essential to writing a proper prescription.

1. What actions and attitudes must be put off (Eph. 4:22-5:21; Col. 3:1-17)?

2. What actions and attitudes must be put on?

3. What activities can I do that will help?

4. What activities should I avoid doing?

5. Who can I go to for help?

6. Why am I doing all of this?

I. Giving and Checking Homework

Homework is an essential part of the counseling process. Homework should always be ___________ to the matters at hand and ___________ enough that anyone who is even slightly motivated can easily accomplish it. Homework accomplishes two things. It gets the counselee involved in activities that are outside of their normal routines and it serves as a major barometer to measure the counselee’s ________________ or put out effort toward a solution.

J. Following Up on the Counselee
Habits are not changed overnight. Most counselees will need some kind of follow-up for the purpose of accountability. This can be done by:

1. Using additional meetings
2. Using additional homework
3. Using regular personal contact

IV. Motivating People to Change

A. Change is a normal part of the Christian life.

1. The Christian life is characterized by several concepts all of which reflect “change.”

These concepts include:

- Growth
- Progress
- Transformation
- Advancement
- Development
- Increase
- Maturation

2. There are many key verses that describe the experiences that are common to all Christians.

a. Proverbs 4:18

   *But the path of the just is like the shining sun, that shines ever brighter unto the perfect day.*

   
   *But the path of the just is as the shining light, that shineth more and more unto the perfect day.* —KJV

b. II Corinthians 3:18

   *But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord.*

c. Ephesians 4:15
…but, speaking the truth in love, may grow up in all things into Him who is the head—Christ…

d. Romans 12:1-2

*I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.*

e. I Thessalonians 4:9-10

*But concerning brotherly love you have no need that I should write to you, for you yourselves are taught by God to love one another; and indeed you do so toward all the brethren who are in all Macedonia. But we urge you, brethren, that you increase more and more;*

f. II Corinthians 10:15b, NIV

*Our hope is that, as your faith continues to grow…*

g. II Peter 3:18

*But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen.*

h. Philippians 1:6, Amplified Bible

*And I am convinced and sure of this very thing, that He Who began a good work in you will continue until the day of Jesus Christ [right up to the time of His return], developing [that good work] and perfecting and bringing it to full completion in you.*

3. Nowhere are we instructed to become faint, to relax in our efforts, to settle down, to level off or to taper off as the years go by.

On the contrary we are instructed to:

- Stir ourselves up.
- Press toward the mark.
- Take the kingdom.
- Possess our inheritance.
- Lay hold of the will of God.
- Fight the good fight of faith.
All of these admonitions speak of taking an aggressive posture when it comes to issues of change.

B. Change is a command from the Lord Himself (Eph. 4:17-24).

*This I say, therefore, and testify in the Lord, that you should no longer walk as the rest of the Gentiles walk, in the futility of their mind, 18 having their understanding darkened, being alienated from the life of God, because of the ignorance that is in them, because of the blindness of their heart; 19 who, being past feeling, have given themselves over to lewdness, to work all uncleanness with greediness. 20 But you have not so learned Christ, 21 if indeed you have heard Him and have been taught by Him, as the truth is in Jesus: 22 that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, 23 and be renewed in the spirit of your mind, 24 and that you put on the new man which was created according to God, in true righteousness and holiness.*

C. Change is a very _______________ thing to do (Jer. 13:23, NIV).

*Can the Ethiopian change his skin or the leopard its spots? Neither can you do good who are accustomed to doing evil.*

1. There are some things that we ______________.
   a. We can change our personal ______________.
   b. We can change our ______________.
   c. We can change learned behavior and cultural ______________.
   d. We can change and break away from family ______________.

2. There are some things that we ______________.
   a. We cannot change ______________.
   b. We cannot change ______________.
   c. We cannot change our ______________ or inherited characteristics.

3. We must focus on what we have the ________________.

D. Change is possible for ______________ with the help of God.

E. The key to accessing God’s help is having a personal ________________ to change.
Personal Data Inventory

Date____________________

Name_________________ Phone _______________ Cell _______________

Address__________________________

Occupation________________________ Business Phone___________________

Sex___ Date of birth ______ Marital Status: Single Married Separated Divorced Widowed

Education (last year completed)___________________________________________

Other training________________________________________________________________________

HEALTH INFORMATION

Rate your health: Very good_____ Good_____ Average____ Declining____ Other____

Date of last medical examination________ Report______________________________

Your physician________________________ Phone_____________________________

Are you presently taking any medication? _____ What kind and for what purpose? ____________

______________________________________________________________________________

RELIGIOUS BACKGROUND

Date saved_____________ Check all that apply _____ Water Baptized _____ Spirit Baptized

_____ City Life Church Partner _____ Participated in an Encounter, Date____________

Church attended in childhood___________________________________________

Church currently attending ____________________________________________

Church attendance per month: (circle one) 1 2 3 4 5 6 7 8 9 10+ Partnership Date________

Do you pray to God? Never_______ Occasionally_______ Often ______

MARRIAGE AND FAMILY BACKGROUND

Name of spouse: ___________________________ Spouse’s age ________

Address__________________________

Education (last year completed)___________________________________________

How long did you know your spouse before marriage?________________________

How long did you date steadily? __________ Length of engagement_________________

Marriage date _________ Husband’s age when married ______Wife’s age when married _____

Have you ever been separated? _____ When and for how long? __________________________

Give brief information about any previous marriage__________________________________

_______________________________________________________________________________
INFORMATION RELATING TO CHILDREN

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<th>Name of Child</th>
<th>Age</th>
<th>Sex</th>
<th>Education Status</th>
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If you were reared by someone other than your biological parents, please briefly explain

______________________________________________________________________

Relationship with parents: Very good ____ Good ____ Average ____ Below average ____ Other ____

Have you talked with a Pastor/Counselor from City Life Church or any other church, or a licensed
secular counselor about the present difficulty? Yes____ No ___

If so, who and when?_____________________________________________________________________

Have you ever been arrest or convicted of a crime? If yes, please explain:_____________________

______________________________________________________________________

VOCATIONAL INFORMATION

Where are you presently employed? _________________________________________________

List the types of jobs that you have held __________________________________________

Have you ever been fired from a job _____ Explain _______________________________

Please read the following carefully before you sign!

The counselors at City Life Church operate under the pastoral department of the church and
utilize the Bible as their guide for all counsel given. They are not licensed counselors. In
serving those who need counsel they will maintain confidentiality regarding information
disclosed by the counselee. However, there may be times when a counselor may feel that it is in
the best interest of the counselee to discretely share some information with the pastoral staff of
the church for the purpose of bringing a solution to the problem or resolving a particular conflict.
If you have questions regarding confidentiality and the counseling process, please discuss it with
your counselor.

Counselee’s Signature_______________________________________________
BASIC ASSIGNMENT

Name _____________________________________________

Date Given ____________ Date Accomplished___________

Areas for Consideration:

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

BASIC STEPS TOWARD SOLUTION:

1. Reaffirm your desire to live according to the word and will of God. Jesus is Lord of all.

2. Spend time in sincere prayer and seeking God and asking Him for your part of the solution to the problem. What does He want you to change or begin to do or not to do?

3. Keep notes on what God tells you during these times of seeking on the back side of this sheet.

4. Be prepared to share what God is saying to you in the presence of your counselor and/or your marriage partner.
Lesson 13-14
Gathering Information and Clarifying Statements

He who answers a matter before he hears it, it is folly and shame to him. Proverbs 18:13

I. Methods of Gathering Information

A. Using the Personal Data Inventory

1. Health Issues

2. Religious Issues

3. Marriage and Family Issues

4. Parenting Issues

5. Vocational Issues

B. Asking Direct Questions

1. There are some _______________ that will help you to get started (Jay Adams, Christian Counselor’s Manual, pg. 435).

   a. What is your problem?
   b. What have you done about it?
   c. What can we do? or What is your expectation in coming here?
   d. As you see yourself, what kind of a person are you? Describe yourself.
   e. What, if anything, do you fear?
   f. Is there any other information that you think we should know?

2. There are _______________ questions to the above that will help you to dig a little deeper.

   a. Question #1—What is your problem?

Some follow-up questions may include one or more of the following:

   • What makes you feel this way?
   • Has anyone ever told you that this was your problem?
   • What did they say?
• Do you think that they were accurate in what they said? Why or Why not.
• What are the symptoms of this problem in your life?
• Have you always had this problem?
• When did you first start to realize that you had this problem?

b. Question #2—What have you done about it?

Some follow-up questions may include one or more of the following:

• Why did you do that?
• Do you feel like it helped you or hindered you?
• If it did not help, why do you think it did not help?

c. Question #3—What is your expectation in coming here?

Some follow-up questions may include one or more of the following:

• What makes you feel it will be different this time?
• What do you feel you will do different this time?
• Why have you chosen to come to me (or to the church)?

In addition to using a logical progression of questions, it is important to follow the leading of the ________________.

C. Observing Body Language

1. The pitch or tone of voice.
2. Noticeable change in facial expressions or posture.
3. The crossing of arms or legs at significant times.
4. The occasional sigh or groan.

D. Being Observant in Sessions

1. Continual interrupting of one party
2. Apparent domination of one party
3. Body language of listening party

E. Practicing Keys to Good Questioning

1. Avoid ________________ questions.
2. Ask ____________ questions that require ____________ answers.
3. Let new questions arise from ____________ answers or statements.
4. Make sure that ____________ of a specific question is appropriate.
5. Ask the same question in ______________ to check on the authenticity of the answer.
6. Ask relevant questions that involve their past, the present and plans or concerns regarding ________________.
7. Be aware of the person’s social standing and ask questions in a manner that gives ____________ to who they are.
8. Use carefully constructed questions to interrupt ____________ and get the counselee back on track.

II. The Importance of Listening

A. Listening involves ________________.
   1. It involves paying careful, undivided ____________ when they speak.
   2. It involves maintaining good ________________ with the person speaking.
   3. It involves minimizing ________________(i.e. cell phones, pagers, outside noise).
   4. It involves maintaining an appropriate ________________ from the counselee.
   5. It involves the counselor minimizing talk about him or her ____________.

B. Listening involves maintaining a positive climate for ________________.
   1. This includes giving responses that demonstrate ____________.
   2. This includes maintaining non-threatening ________________.
   3. This includes insuring the ________________ of the participants.

C. Listening involves minimizing negatives that ________________ disclosure.
   1. This means that we never ____________ the counselee in mid-sentence or mid-thought.
2. This means that we do not correct, challenge or ____________ with them while they are answering our questions.

3. This means that we do not make ______________ statements especially in the information gathering stage of the counseling process.

4. This means that we do not make statements that reflect __________ or disgust on our part.

5. This means that we do not feel like we must adjust every ________________ or poor word choice.

6. This means that we do not reflect negative _________________.

a. Positive body language includes the following:
   - Nodding
   - Good eye contact
   - Good facial expressions
   - Good posture
   - Expressing appropriate emotions

b. Negative body language includes the following:
   - Nodding off or yawning
   - Slouching
   - Crossing Arms
   - Looking at watch or clock repeatedly
   - Looking away or staring off into space
   - Playing with any object

7. This means that we do not go ______________ in giving positive strokes and thereby actually reinforce negative behavior.

D. Good listening involves good ________________.

1. The purpose of note taking.
   a. To glean and record __________ to root problems.
   b. To list out future ____________ items.
   c. To do for us what even a good ______________ cannot do.

2. The service your notes will provide.
a. They will help you _________________ to ask certain questions of clarification without having to stop the counselee in mid-conversation.

b. They will help you remember things that were said from ________________ ________________.

c. They will help you to keep a ___________ of homework and homework results.

d. They will help you refresh your memory over long periods of __________.


   a. These notes are for _______________ only.

   b. These notes should contain your own _________________.

   c. These notes should be kept in a ________________.

   d. These notes should be _______________ when no longer needed.

III. The Importance of Clarifying Statements

   A. There are common _________________ that must be clarified.

      1. This includes _________________ and sweeping generalities.

         a. There are certain words that characterize most exaggerations including words like “all, everybody, everything, always, never, anything and no one.”

         b. These words need to be _________________ and clarified by the counselor.

      2. This includes common _________________.

         Some examples of euphemisms include the following:

         a. Emotional problems

         b. Alcoholism

         c. Behavioral problems

         d. Eating disorders
3. This includes all ________________ terminology.

Note the following examples:

a. The counselee may suggest, “My husband doesn’t love me.”

b. The counselee may suggest, “My husband is inconsiderate.”

B. There are common ______________ that must be challenged.

Note the following chart from Jay Adam’s Christian Counselor’s Manual, page 107-108 for possible responses.

<table>
<thead>
<tr>
<th>Typical Counselee Remarks</th>
<th>Typical Counselor Responses</th>
</tr>
</thead>
<tbody>
<tr>
<td>“I can’t!”</td>
<td>“Do you mean that you can’t or won’t?” or, “God says that you can.”</td>
</tr>
<tr>
<td>“I have done everything that I could.”</td>
<td>“Everything? What about…”</td>
</tr>
<tr>
<td>“I’ve tried that but it didn’t work.”</td>
<td>“Did you really try? How many times? For how long? In what way? How consistently?” (Get the details: “precisely, what did you do?”)</td>
</tr>
<tr>
<td>“I did my best.”</td>
<td>“Are you sure? Tell me precisely what you did.” or, “Remember the best is what God says to do. Did you…?”</td>
</tr>
<tr>
<td>“No one believes me, etc.”</td>
<td>“Can’t you think of one person who does? How about some more?” or, “I believe you…”</td>
</tr>
<tr>
<td>“I could never do that.”</td>
<td>“Never is a long time. Really, how long do you suppose it might take to learn? By the way, if you think hard enough you will discover that you have learned to do a number of things that are just as hard (or harder). Take for instance…”</td>
</tr>
<tr>
<td>“If I had the time, I’d do it.”</td>
<td>“You do. We all have 24 hours each day; it all depends on how you slice the pie. Now let’s work on drawing up a schedule that honors God.”</td>
</tr>
<tr>
<td>“Don’t blame me…”</td>
<td>“Are you saying that you are not responsible? God says…”</td>
</tr>
<tr>
<td>“Don’t ask me…”</td>
<td>“But I am asking you. Who else would know? I am sure that you know the answer. Think hard; I’ll help you by asking some other related questions, and perhaps we can come up with it.”</td>
</tr>
<tr>
<td>“I guess so.”</td>
<td>“Are you really guessing or is that what you believe (think)?”</td>
</tr>
</tbody>
</table>
### “You know how it is…”
“Fine! Then what did you do?” or, “Have you prayed for help to discover what God’s Word says to do about the problem?” or, hat, exactly, did you pray?”

### “But I’ve prayed about it.”
“I’m at the end of my rope.”

### “I’m at the end of my rope.”
“I have a need to…”

### “I have a need to…”
“I’m just one of those people who has to…”

### “I’m just one of those people who has to…”
“That’s just the way I am.”

### “That’s just the way I am.”
“That is impossible.”

### “That is impossible.”
“There are all sorts of (too many) objections to doing that.”

### “There are all sorts of (too many) objections to doing that.”
“You can’t teach an old dog new tricks.”

### “You can’t teach an old dog new tricks.”
“It’ll never work.”

### “It’ll never work.”
“I’ll never forgive him!”

### “I’ll never forgive him!”
“I don’t do anything half way, so…”

### “I don’t do anything half way, so…”
“Everything [one] is against me…”

### “Everything [one] is against me…”
“How do you feel about…?”

### “How do you feel about…?”

<table>
<thead>
<tr>
<th>C. There are common _______________ that will help bring clarification to counselee’s statements.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. How? Or in what way?</td>
</tr>
<tr>
<td>This question will help the counselor to understand the way in which a particular problem is manifest. It should lead to a specific _______________ that is objectionable.</td>
</tr>
<tr>
<td>2. What for? Or why?</td>
</tr>
<tr>
<td>This question will help the counselor to determine the motive or the _______________ of the person who was acting in a certain way.</td>
</tr>
</tbody>
</table>
3. How often?

This question will help the counselor to determine the ______________ of the problem and whether or not it is a pattern of behavior or an isolated incident.

4. When?

This question will help the counselor to determine whether or not there is a time when the activity in question is more or less ______________. It will help you to understand the context of the event or statement.
Lesson 16
Instilling Hope

I. There are significant reasons why the Christian can have hope in any situation.

A. Because of whom ____________.

1. God is __________ (Jer. 31:3; Rom. 8:37-39; I John 4:8, 16).

2. God is ____________ (Lam. 3:22-23; I Cor. 10:12-13; II Th. 3:3; I Pet. 4:19).

Notice from the Psalms what God does for me in His faithfulness, He…

- Accomplishes what concerns me (Ps. 57:2; 138:8).
- Acts on my behalf (Ps. 68:28)
- Anoints my head with oil (Ps. 23:5; 92:10)
- Answers me (Ps. 20:6; 34:4; 65:5; 86:7; 91:15; 118:5, 21; 119:26; 120:1)
- Bears my burden daily (Ps. 68:19).
- Blesses me (Ps. 5:12; 67:6; 107:37; 112:2; 115:12, 13).
- Blesses me with peace (Ps. 29:11).
- Blesses my children (Ps. 147:13).
- Break off my bands (Ps. 107:14).
- Brings forth my righteousness as the light (Ps. 37:5).
- Brings me into a broad place, a place of abundance (Ps. 18:19; 66:12).
- Brings me near to Him (Ps. 65:4).
- Brings me out of darkness and the shadow of death (Ps. 71:20; 107:14).
- Brings me out of distress (Ps. 25:17).
- Causes me to lack nothing (Ps. 34:9-10).
- Causes me to rule in the midst of my enemies (Ps. 110:2).
- Chooses me for His inheritance (Ps. 33:12; 65:4).
- Comforts me (Ps. 23:1; 86:17; 94:19).
- Conceals me in times of trouble (Ps. 27:5).
- Counsels me (Ps. 16:5; 32:8).
- Covers me with His wings (Ps. 91:4).
- Crowns me with compassion, loving-kindness (Ps. 103:4) and glory (8:5).
- Deals bountifully with me (Ps. 13:6; 16:7; 140:7).
- Defeats my enemies (Ps. 21:8-12).
- Delivers me (Ps. 18:17, 43; 37:40; 91:14; 97:10).
  - From fear (34:4)
  - From trouble (Ps. 34:17-19; 54:7)
  - From death (Ps. 33:19; 56:13).
  - From destruction (Ps. 107:20).
  - From my enemies (Ps. 18:48).
  - From deadly pestilence (Ps. 91:3).
• From the devil’s traps (Ps. 91:3).
• Does great things for me (Ps. 126:2; 107:15, 21).
• Encamps around me (Ps. 34:7).
• Enlarges my heart (Ps. 119:32).
• Enlarges my steps (Ps. 18:36).
• Enlightens my eyes (Ps. 19:8).
• Establishes me (Ps. 37:23; 89:29).
• Fills my hungry soul with what is good (Ps. 107:9).
•Forgives me (Ps. 32:5; 78:38; 85:2; 86:5; 99:8; 130:4).
• Girds me with strength for battle (Ps. 18:39).
• Gives His angels charge over me (Ps. 91:11).
• Gives me eternal life (Ps. 21:4).
• Goes before me (Ps. 68:7).
• Guards me in all my ways (Ps. 91:11; 121:7; 127:1).
• Guides me (Ps. 31:3; 48:14).
• Heals me (Ps. 30:2; 103:3).
• Hears me when I call out to Him (Ps. 4:3; 22:24; 34:15-17; 40:1; 55:19; 145:19).
• Hears my prayers (Ps. 6:9; 31:22; 116:1).
• Helps me (Ps. 37:40; 86:17; 118:13; 124:8).
• Hides me in the secret place (Ps. 27:5; 31:20).
• Holds my hand (Ps. 37:24).
• Illuminates my darkness (Ps. 18:28).
• Keeps me (Ps. 145:20).
• Keeps my feet from slipping (Ps. 18:36).
• Leads me (Ps. 23:2; 31:3; 77:20; 139:10).
• Lifts me up (Ps. 27:5; 30:1).
• Redeems me (Ps. 43:20; 49:15; 103:4; 130:8).
• Remembers me (Ps. 9:12; 136:23).
•Rescues me (Ps. 18:19, 46; 34:6; 81:7; 91:15; 136:8).
• Restores me (Ps. 14:7; 19:7; 23:3; 53:6; 85:1).
• Revives me (Ps. 71:20; 119:93; 138:7).
• Saves me (Ps. 7:10; 20:6; 37:19-40; 38:22; 55:16; 91:16).
• Sets me on high places (Ps. 18:33).
• Strengthens me (Ps. 18:32; 29:11).

3. God __________ about us (I Pet. 5:6-7).

4. God will never __________________ (Heb. 13:5).

5. God is always working to ______________ that which concerns us (Phil. 1:6, Amp).

B. Because of what God ____________.
A good definition of hope is confidence in ________________ to restore our lives to such an extent that we can experience a fresh start in facing life’s challenges.

1. With God ________________ are possible (Mt. 19:26; Mark 10:27; Luke 1:27; 18:27).
2. God can do what man ________________.

C. Because of the ________________ that are available to us.

1. We have the ________________.
2. We have the ________________.
3. We have the ________________ (II Cor. 9:8; I Tim. 1:12-16).

D. Because of whom we are ________________.

If I am a Christian, then…

1. I am a child of God (John 1:12).
2. I have direct access to the Heavenly Father (Eph. 2:18).
3. I am a new creation in Christ Jesus (II Cor. 5:17)
4. I am a member of Christ’s spiritual body (I Cor. 12:27).
5. I am forgiven (Eph. 1:7).
6. I am a citizen of heaven (Phil. 3:20).
7. I am God’s temple (I Cor. 3:16).
8. I am God’s workmanship (Eph. 2:10).
9. I am seated with Christ in heavenly places (Eph. 2:6).
10. I can do all things through Christ who strengthens me (Phil. 4:13).

II. There are certain people who especially need a sense of hope.


1. People with long ________________.
2. People with particularly ________________ problems.
3. People who have been improperly ______________ by psychiatrists or others.

4. People who are harassed by ____________.

5. People whose hopes have been dashed ________________.

6. People who have tried and ________________.

7. People who are ______ and find it difficult to change.

8. People who are in a state of ________________.

9. People who have or are contemplating ___________.

10. People who have suffered ______________ experiences.

11. People who are ______________________ (Rom. 8:24).

III. There are some assurances that you can give to people that will help to give hope.

A. We can assure them that God ____________________.

B. We can assure them that we ____________________.

C. We can assure them that __________ have had this problem and by God’s grace have ____________ (I Cor. 6:9-11; I Tim. 1:12-16).

D. We can assure them that it is God’s purpose to bring __________ out of what appear to be ____________ (I Cor. 11:19; II Cor. 4:16-18; Rom. 8:28).

   1. God wants to give beauty of ashes.
   2. God wants to give the oil of joy for mourning.
   3. God wants to give a garment of praise for the spirit of heaviness.

E. We can assure them that God not only wants to fix their problem, He wants to make them ________________ to His grace and power (Is. 61:1-7).

IV. There are some cautions in relation to instilling hope.

A. We must be careful not to give ________________.

   1. False hope is ________________ hope.
2. False hope is hope that ________________.

3. False hope is hope that is based on results __________________.

B. We must be careful not to ___________________________ that will be needed.

C. We must be prepared to ______________________ at various stages in the counseling process.
Lesson 17
Breaking down the Problem

I. There are several aspects to nearly every problem.

A. There are ___________ problems or symptoms.

Some of these symptoms may include both attitudes and actions.

1. Relational conflict (parents, spouse, in-laws, neighbors, co-workers, employers, etc.)
2. Pornography
3. Substance abuse
4. Explosive fits of anger
5. Sleeplessness
6. Procrastination
7. Physical problems (ulcer)
8. Depression
9. Stealing
10. Physical abuse
11. Cheating
12. Financial mismanagement

B. There are surface ____________.

C. There are underlying ______________.

D. There are __________ problems or causes.

If problems are going to be solved in a permanent way, the root must be discovered and dealt with (Mt. 3:10; 7:15-20; 12:33-35).

II. There are common roots to a variety of problems.

A. The Bible makes reference to several roots of sinful behavior.

1. The love of ____________ (I Tim. 6:10)

2. The love of ____________ (II Tim. 3:2)

   a. There are those that say that we cannot love others until we can properly love ______________ (Mt. 22:39).
This viewpoint is exemplified in such books as *Love Yourself* by Walter Trobish.

One statement that is made in this book is as follows, “It was difficult for her to love others because she did not love herself enough. It is impossible for us to accept the other one as he is if we have not accepted ourselves as we are” (Intervarsity Press, 1976, pg. 10-11).

It is important for us to know that the Bible __________ teaches this.

b. The Bible presumes that ______________ ourselves (Eph. 5:28-29).

When it says that we are to love our neighbor as ourselves it means that we are to love our neighbor as we ___________ love ourselves.

God’s kind of love is characterized by the following:

- It is an ______________ love (Rom. 5:6-8).
- It is a ______________ love (Deut. 7:7-8).
- It is an ____________ love (Eph. 5:1-2, 25).
- It is an ______________ love (Rom. 8:38-39; Jer. 31:3; Heb. 13:5; Deut. 31:8).
- It is an ______________ love (Phil. 2:1-7).
- It is a _____________ love (Eph. 5:25-27).

We constantly have to remind people that the road to true happiness and lasting fulfillment is one of ______________ to God and others (Mark 10:43-45).

c. The Bible presumes that we all tend to ____________ for ourselves (Phil. 2:3-4, 21).

d. The Bible teaches that we are to ___________ ourselves (Mt. 10:38-39; 16:24-25; Luke 9:23; Gal. 2:20).

e. The Bible tells us that we are to love ________________ (I John 4:7-11).

This kind of love is always giving and always puts the needs of others above its own sense of comfort and satisfaction.
3. __________(Pro. 16:18)

Pride was the original sin found in Satan (Is. 14:12-14; Ezek. 28:17). There are many characteristics of the proud as seen in the Bible:

- They are dependent on their own abilities (Dt. 8:11-18; Obad. 3).
- They are confident in their wealth (Ps. 52:7; Rev. 3:17).
- They are boastful (I Sam. 2:3; Ps. 10:3; 73:8).
- They promote themselves (Pro. 17:19; 30:13; Mt.23:12).
- They glory in self accomplishment (Pro. 25:27; I Cor. 4:6-10; Gal. 6:3).
- They despise the less fortunate (Ps. 10:2; Pro. 11:12; 14:21; Zeph. 2:10).
- They do not seek God (Ps. 10:4).
- They do not trust in God (Ps. 52:7).
- They are pure in their own eyes (Pro. 30:12).
- They are disobedient (Ps. 119:21, 69).
- They think evil thoughts (Mark 7:21).
- They believe themselves to be wise (Rom. 1:22).
- They reject correction (Pro. 10:17; 15:5).
- They despise instruction (Pro. 15:5).
- They are mockers (Pro. 3:34).
- They are quarrelsome (Pro. 13:10; 28:25; I Cor. 4:6).
- They are never satisfied (Hab. 2:5).

B. All of these root conditions amount to the same thing—pride, selfishness, self-centeredness.

III. There are many things that can compound a person’s problem.

A. There are ____________ issues.

1. Time management
2. Financial management
3. Relationship issues (e.g. in-laws)
4. Occupational stress (e.g. police, fireman)

B. There are ______________

1. Death of a loved one
2. Personal tragedy
3. Natural disaster
4. Relocation
5. Job loss
6. Financial reversal
C. There are _____________ issues.
   1. Physiological changes (e.g. puberty, menstrual cycle, pregnancy, change of life).
   2. Sleep issues
   3. Disabilities

IV. Complex problems must be broken down into _________________.

A. This involves identifying specific problem areas (Refer to Supplement 1).
   1. Specific problems can lead to _____________ solutions.
   2. Generalization must be _____________ by the counselee.

B. This involves pinpointing underlying ______________.

C. This involves tracing the problem back to ______________.

D. This often involves _____________ problems and taking them on one issue at a time.
## Sins of the Last Days according to II Timothy 3:1-5

<table>
<thead>
<tr>
<th>Biblical Description</th>
<th>Synonyms</th>
<th>Antonyms</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Lovers of their own selves</strong></td>
<td>Fond of themselves, selfish, utterly self-centered</td>
<td>Selfless, considerate, others orientated</td>
</tr>
<tr>
<td><strong>Covetous</strong></td>
<td>Lovers of money, greedy, envious, motivated by money, grasping</td>
<td>Generous, liberal, self-sacrificing</td>
</tr>
<tr>
<td><strong>Boasters</strong></td>
<td>Full of big words, blow one’s own horn, talk big, show off</td>
<td>Modest, accurate, grasping reality</td>
</tr>
<tr>
<td><strong>Proud</strong></td>
<td>Arrogant, conceited, insolent swagger, self-important, inflated, condensing, cocky, intolerant</td>
<td>Humble, lowly, submissive, unassuming, meek not weak</td>
</tr>
<tr>
<td><strong>Blasphemers</strong></td>
<td>Railers, irreverent, profane, sacrilegious, cursing/swearing</td>
<td>Reverent, benevolent, pious</td>
</tr>
<tr>
<td><strong>Disobedient to parents</strong></td>
<td>Rebellious to authority, disrespectful, obstinate, unmanageable, stubborn, defiant</td>
<td>Obedient, compliant, well behaved, manageable, submissive,</td>
</tr>
<tr>
<td><strong>Unthankful</strong></td>
<td>Thankless, inappreciative, critical</td>
<td>Appreciative, grateful, praising</td>
</tr>
<tr>
<td><strong>Unholy</strong></td>
<td>Worldly, wicked, corrupt, immoral, unsanctified, indecent, shameless</td>
<td>Spiritual, godly, moral, honest, virtuous, devout, righteous</td>
</tr>
<tr>
<td><strong>Without natural affection</strong></td>
<td>Unloving, hardhearted, callous, without familial love, insensitive</td>
<td>Caring, sympathetic, kind, warm-hearted</td>
</tr>
<tr>
<td><strong>Trucebreakers</strong></td>
<td>Irreconcilable, uncommitted, unforgiving</td>
<td>Conciliatory, loyal, committed, forgiving</td>
</tr>
<tr>
<td><strong>False Accusers</strong></td>
<td>Slanderers, malicious gossips, scandal-mongers, liars</td>
<td>Truthful, discreet, accurate, reliable, authentic, faithful</td>
</tr>
<tr>
<td><strong>Incontinent</strong></td>
<td>Lacking restraint or self-control, intemperate, given to excess, given to anger</td>
<td>Temperate, controlled, moderate, balanced, coolheaded, easygoing</td>
</tr>
<tr>
<td><strong>Fierce</strong></td>
<td>Savage, brutal, uncivilized, barbaric, cruel, sadistic, ruthless</td>
<td>Merciful, gentle, calm, peaceful, civilized, tender, compassionate</td>
</tr>
<tr>
<td><strong>Despisers of those that are good</strong></td>
<td>Hateful, hostile to what is good, intolerant of those who practice good, enemies of decency</td>
<td>Promoters of good, lovers of good and those who practice that which is good.</td>
</tr>
<tr>
<td><strong>Traitors</strong></td>
<td>Betrayers, treacherous, faithless, devious, two-faced</td>
<td>Loyal, dependable, trustworthy, reliable, safe</td>
</tr>
<tr>
<td><strong>Heady</strong></td>
<td>Headstrong, reckless, defiant, adventurers, impulsive, rash, headlong with passion, hot-headed, bent on having one’s own way, presumptuous</td>
<td>Manageable, cautious, cooperative, team player, principled, controlled</td>
</tr>
<tr>
<td><strong>High-minded</strong></td>
<td>Puffed up, lifted up in mind, swollen with self importance</td>
<td>Humble, treating others with respect, valuing the contribution of others</td>
</tr>
<tr>
<td><strong>Lovers of pleasure</strong></td>
<td>Feeling driven, love sensual and vain amusements, lives for the moment</td>
<td>Principle driven, driven by a passion to achieve destiny, able to see a big picture</td>
</tr>
<tr>
<td><strong>Having a form of godliness</strong></td>
<td>Want to be perceived to be good, maintaining a religious facade, hypocritical, counterfeit, make-believe piety</td>
<td>True, proven, demonstrated, tested, tried, confirmed, real, substantial</td>
</tr>
<tr>
<td><strong>Denying the power of God</strong></td>
<td>Stranger’s to God’s power, having no personal experience with God, resisting its influence in their lives</td>
<td>Their relationship to God is a living, vibrant part of all that they do. They live putting God in His rightful place.</td>
</tr>
</tbody>
</table>
1. **Lovers of their own selves.** There will be people who have a supreme regard for their own interests and activities with a total disregard for the rights and comforts of others. The word here literally mean “fond of self”. These individuals make “self” the central object of living and trample on anything and anybody that interferes with that.

2. **Covetous.** There will be people who will make money their goal in life. Every endeavor is evaluated on the basis of what it will produce or what it will cost in dollars and cents. This word literally means “fond of silver.”

3. **Boasters.** There will be people who go to great extremes to make you believe that they are something other than what they really are. This includes people who attempt to display a style of living that is above their means, people who pretend to be “macho” or “together” when they are really empty. The word itself means “empty pretender.”

4. **Proud.** There will be people who enjoy putting others down so that they might appear above them. These are people who with pride, arrogance and foolish presumption brag about their position, power, wealth, education, and despise others of lower station and treat them with contempt.

5. **Blasphemers.** There will be people who love to insult. Pride always begets insult. This can be directed toward God by those who continually insult God by casting doubts on His true nature and character. This can be directed toward other people in cutting and hurting remarks or actions that wound others.

6. **Disobedient to Parents.** There will be those who manifest obstinate opposition to parents. It is a sign of a decaying society when youth loses respect for the aged and when they fail to recognize the debt that they owe to those who gave them life.

7. **Unthankful.** These are people who have little or no regard for the contribution that others have made in their lives. They owe everything to themselves and themselves alone.

8. **Unholy.** There will be those who refuse to recognize even the ultimate decencies of life. The Greek word does not so much mean that men will break written laws, it mean that they will offend against the unwritten laws, which are part and parcel of the very essence of life. To the Greeks, for a brother to marry a sister, a father to molest a child, men to live with men would offend against the fundamental decencies of life. The person who is mastered by his lower passions will gratify them in the most shameless ways. The man who has exhausted the normal pleasures of life, and is still not satisfied, will seek his thrill in abnormal and shameful pleasures.

9. **Without Natural Affection.** The word here for “affection” refers specifically to “family love”. This refers to people, particularly parents who will not possess a normal, healthy love for their children. The Romans practiced “exposure” of unwanted children. This has been the practice of the heathen throughout the ages. Not only a sacrificing of sons and daughters to their gods, but other wicked practices as well. The ancient Persians would bury unwanted children alive. In most of the Grecian states the killing of infants was not merely permitted,
but actually enforced by law. The Spartan lawgiver expressly ordained that every child that was born should be examined by the men of the tribe, and if it was found weak or deformed, it should be thrown into a deep cavern at the foot of Mt. Taggetus. Aristotle encouraged the exposure of children who were naturally feeble and deformed in order to prevent an excess of population. How similar to abortion practices in our day.

10. **Trucebreakers.** This Greek word literally means “a pouring out of life.” It indicates that there will be those who are not willing to pour out their lives for another. It refers to those who cannot be persuaded to enter into a covenant.

11. **False Accusers.** The Greek word here comes from the word for “devil”, the accuser of the brethren. It refers to those who have entered into a close relationship with Satan where they begin to manifest his traits and attributes, where they move at his prompting especially when it comes to inciting division through contentions and quarrels.

12. **Incontinent.** There will be those who lack any self-control, who lack any restraint, who lack power over carnal desires. It relates specifically to food, sex and the tongue.

13. **Fierce.** There will be those who are savage, who love brutality (think of modern blood sports). It won’t be long before we return to the days of the gladiators and lions.

14. **Despisers of those who are good.** This word literally means, “hostile to virtue”. It speaks of those who are opposed to goodness and good people.

15. **Traitors.** There will be those who betray their friends.

16. **Heady.** This is a word that literally means “falling forward” and refers to those who intentionally sin or fall with no regard for the consequences.

17. **High-minded.** There will be those who are inflated with self-conceit.

18. **Lovers of Pleasure.** This refers to those who have taken up vain amusements. Those who are ruled by their senses, who give in to any and all passions. It speaks of the “whatever feels good” lifestyle.

19. **Form of Godliness.** These are all people who may be church goers who put on a good outward appearance but are not pure within.

20. **Denying the Power of God.** There will be those who have some semblance or appearance of religion, but they do not allow it to exert any influence on their lifestyle. It imposes no restraint on their passions and carnal lifestyle, but in all respects they live as if they had none.
Lesson 18
Using Scripture in Counseling

I. There are several things that we must believe about the Scripture.

A. It is the word of ________ (I Th. 2:13).

B. It represents the _____________ God (Rom. 12:2).

C. It is the ultimate ______________ over the believer’s life (Deut. 4:1-2; Rev. 22:18-19).

D. It gives us an _______________ of the heart of man (Ps. 51:5; Jer. 17:9; Rom. 7:15-25).

E. It gives us ______ that we _________ to live godly in Christ Jesus (II Pet. 1:2-4).

F. It will thoroughly equip us for _________ good work (II Tim. 3:16-17).

“The idea is, that whatever good work the man of God desires to perform, or however perfect he aims to be, he will find no deficiency in the Scriptures, but will find there the most ample instructions that he needs.” –Barnes Notes

G. It is powerful in _________________ to reveal hearts and affect change (Ps. 107:19-20; Is. 55:10-11; Heb. 4:12).

H. It must not _______________ with humanistic thought (I Cor. 2:14).

I. It is the ______________ by which we measure all activity (Is. 8:19-20).

J. It gives an accurate _________________ of human behavior (I Cor. 6:9-11).

K. It has the power to set our thinking _______________ (Ps. 33:4).

L. It can give us _____________ in an age of uncertainty; it is a ________ foundation and it offers a sure ___________ (Ps. 119:89; I Pet. 1:25; I John 2:17).

II. There are several ways that the Scriptures will assist us in the counseling process.

The Scriptures can assist the counselor in…

A. _______________ the specific problem.

B. Locating specific _______________ that relate to the problem (See Supplement).
C. Identifying scriptural ______________ that may apply to the situation.

D. Identifying scriptural ______________ to the specific problem.

E. Developing a biblical ________________.

   Biblical plans of action will always include words like repentance, confession, forgiveness, restitution, reconciliation, putting off and putting on.

F. Following ______________ on the biblical plan of action.
   
   1. For this we need grace.
   
   2. For this we need the power of the Holy Spirit.
   
   3. For this we need positive encouragement.

III. There are certain times when it is appropriate to use the scripture to challenge the counselee.

A. When the counselee seems to be ______________ you or accusing you of being too hard.

B. When the counselee does not consider their activity to be ________________.

C. When the counselee needs to be warned of ultimate ______________ and accountability.

D. When the counselee needs to be assured of God’s ______________ to them.

E. When the counselee doubts ________________ and genuine concern for them.

F. When the counselee feels like their situation is ________________.

G. When the counselee needs a challenge to live by faith not ________________.

IV. There are several ways to use the scripture in the counseling process.

A. ________________ specific scriptures that apply to problem or solution areas.

B. Giving ________________ assignments may include Bible reading and memorization.
Supplement to Lesson 18

Key Verses for Common Situation

Afflictions (Rom. 8:28; II Cor. 4:17; Heb. 5:8; 12:11; Rev. 3:19)

Anger (Gen. 4:5-7; Ps. 7:11; Pro. 14:17, 29; 15:1, 18; 19:11, 19; 20:3, 22; 22:24; 24:29; 24:15, 18; 29:11, 22; Mark 3:5; Eph. 4:26-32; Jam. 1:19-20)

Anxiety and Worry (Ps. 43:5; Pro. 12:25; 14:40; 17:22; Mt. 6:31-32; Phil. 4:6-7, 19; I Pet. 5:7)

Bereavement and Loss (Deut. 31:8; Ps. 27:10; 119:50, 92; I Cor. 6:10; Phi. 3:8)

Change (Ezek. 36:25-27; Mt. 16:24; Eph. 4:17-32; Col. 3:1-14; I Th. 1:9; II Tim. 3:17; Heb. 10:25; Jam. 1:14-15; I Pet. 3:9)

Comfort (Ps. 23:4; Lam. 3:22-23; Mt. 5:4; 11:28-30; John 14:16-18; Rom. 15:4; II Cor. 1:3-4; II Th. 2:16-17)

Confidence (Ps. 27:3; Pro. 3:26; 11:26; Is. 30:15; Gal. 6:9; Eph. 3:11-12; Phil. 1:6; 4:13; Heb. 10:35; I Pet. 2:9)

Death (Ps. 23:4; Ps. 116:15; Lam. 3:32-33; Rom. 14:8; II Cor. 5:1; Phil. 1:21; I Th. 5:9-10; II Tim. 4:7-8; Heb. 9:27; Rev. 21:4)

Disappointment (Ps. 43:5; 55:22; 126:6; John 14:27; II Cor. 4:8-9)

Discouragement (Josh. 1:9; Ps. 27:4; 43:5; John 14:1, 27; 16:33; Heb. 4:16; I John 5:14)

Envy (Tit. 3:3; Jam. 3:14-16; I Pet. 2:1)

Faith (Rom. 4:3; 10:17; Eph. 2:8-9; Heb. 11:1, 6; 12:2; Jam. 1:3, 5-6; I Pet. 4:7)

Fear (Ps. 27:1; 56:11; Pro. 3:25; 10:24; 29:25; Is. 51:12; John 14:27; Rom. 8:31; II Tim. 1:7; I John 4:18)

Forgiveness (Ps. 32:5; Ps. 51; 103:3; Pro. 28:13; Is. 1:18; 55:7; I John 1:9; Jam. 5:15-16)

Forgiving Others (Mt. 5:44-47; 6:12; Mark 11:25; Eph. 4:32; Col. 3:13)

Friendship (Pro. 18:24; Mt. 22:39; John 15:13-14; Gal. 6:1, 10)

Growing Spiritually (Eph. 3:17-19; Col. 1:9-11; 3:16; I Tim. 4:15; II Tim. 2:15; I Pet. 2:2; II Pet. 1:5-8; 3:18)

Guidance (Ps. 32:8; Is. 30:21; 58:11; Luke 1:79; John 16:13)

Help or Divine Care (II Chr. 16:9; Ps. 34:7; 37:5, 24; 46:1-2; 55:22; 91:4; Is. 50:9; 54:17; Heb. 4:16; 13:5-6; I Pet. 5:7)

Laziness (Pro. 12:24, 27; 13:4; 15:19; 18:9; 26:13-16; Mt. 25:26)
Loneliness (Ps. 23; Ps. 27:10; Is. 41:10; Mt. 28:20; Heb. 13:5)

Love of God (John 3:16; 15:9; Rom. 5:8; 8:38-39; I John 3:1)

Lying (Ex. 20:16; Pro. 12:19, 22; Eph. 4:25; Col. 3:9)

Obedience (I Sam. 15:22; Ps. 111:10; 119:2; Mt. 6:24; John 14:15, 21; Jam. 2:10; I John 3:22)

Peace of Mind (Is. 26:3; John 14:27; 16:33; Rom. 5:1; Phil. 4:7; Col. 3:15)

Persecution (Mt. 5:10-11, 10:22; Acts 5:41; 9:16; Rom. 8:17; II Tim. 3:12; Heb. 11:25; I Pet. 2:20)

Praise and Gratitude (I Sam. 12:24; Ps. 34:1; 50:23; 51:15; 69:30; 107:8; 139:14; Eph. 5:20; Heb. 13:6; 13:15)

Protection (Ps. 23:4; 32:7; 34:7, 17, 19; 91:1, 11; 121:8; Is. 43:2; Rom. 14:8)

Provision (Ps. 34:10; 37:3-4; 84:11; Is. 58:11; Mt. 6:33; II Cor. 9:8; Phil. 4:19)

Resentment (Pro. 26:24-26; Heb. 12:15)

Sickness (Ps. 41:3; 103:3; Mt. 4:23; John 11:4; Jam. 5:15-16)

Sin (Is. 53:5-6; 59:1-2; John 8:34; Rom. 3:23; 6:23; Gal. 6:7-8)

Sorrow (Pro. 10:22; Is. 53:4; John 16:22; II Cor. 6:10; I Th. 4:13; Rev. 21:4)

Strength (Deut. 33:25; Ps. 27:14; 28:7; Is. 40:29-31; 41:10; II Cor. 12:9; Phil. 4:13)

Suffering (Rom. 8:18; II Cor. 1:5; Phil. 1:29; 3:10; II Tim. 2:12; I Pet. 2:19; 4:12-13; 4:16; 5:10)

Temptation (I Cor. 10:12-13; Heb. 2:18; Jam. 1:2-3, 12-14; I Pet. 1:6; II Pet. 2:9; Jude 24)

Trust (Ps. 5:11; 18:2; 37:5; Pro. 3:5-6; Is. 12:2)

Victory (II Chr. 32:8; Rom. 8:37; I Cor. 15:57; II Cor. 2:14; II Tim. 2:19; I John 5:4; Rev. 3:5; 21:7)

Note: A good resource for other topical treatments in the Bible is Nave’s Topical Bible or any other topical Bible.
Lesson 19
Sharing Solutions

I. There are some things that lay the foundation for sharing solutions.

A. We prepare them for solutions by __________________ the foundational commitments.

   1. Do you still have a desire for the ______________ in this area?
   2. Are you willing to accept that God’s word is _____________ for you in this area?
   3. Are you interested in what God’s word _________ about this area?

B. We prepare them for solutions by bringing them to a place of personal ______________ and ______________ of failure (Pro. 28:13; Jam. 5:16).

   1. True repentance involves several things.

      A good pattern for what takes place when true repentance occurs is patterned by the Prodigal Son (Luke 15:17-21).

      a. He realized he had a ____________.
      b. He understood that ____________ who had to change.
      c. He was willing confess that he had sinned both before ________________.
      d. He was willing __________ those whom he had wronged.
      e. He prepared a ________________ so that he would confess accurately.
      f. He made a plan and ____________________ on that plan.
      g. He refused to blame ______________ for his condition.
      h. He did not presume upon ______________ of others.
      i. He was willing to do what he could to ________________ for which he had been responsible.

   2. Confessing one’s sin accomplishes several things.

      a. It helps the counselee to take personal ______________ for what has been done.
      b. It helps to pinpoint the specific areas that require __________ or adjustment.
      c. It helps to develop a ______________ for change.
d. It can serve as a basis for ______________ for changed behavior (Mt. 5:3-6).

C. We prepare them for solutions by assisting them in asking for ______________ from God and other offended parties.

A good pattern for asking for forgiveness would be the following:

“I am sorry for ____________, I know I was wrong and there is no excuse for my behavior toward you, would you please forgive me for what I have done and pray for me that I will be able to change.”

1. A true apology is to be made without ______________.

   A true apology does not make additional statements like, “I know I was wrong, but ___________________. Lame excuses include statements like…

2. A true apology is to be made without ______________.

   A true apology does not make additional statements like, “I know I was wrong, but ___________________. Blaming others or making accusations will add statements like…

3. A true apology is best made ______________.

   For additional teaching on forgiveness especially related to “forgiving oneself” refer to the course Victorious Christianity, Lesson 15-17.

II. There common solutions to many problems.

If counselees expect the counseling process to have long term benefits, they must be willing to change the orientation of their spiritual compass to include the basics of the Christian life.

These include the following:

A. Personal Prayer
B. Family Devotions
C. Regular Bible Reading
D. Church Attendance
E. Tithing and Giving to the Poor
F. Local Church Involvement (Serving)
G. Building Christian Friendships and Relationships  
H. Participating in Christian Small Groups  
I. Balanced Living (Diet, Exercise, Sleep)  

III. There is a specific prescription for specific problems.  

A. There are several questions that can serve to assist in making a proper prescription.  

1. What actions and attitudes must be ____________?  

   Here we identify the specific things that we are hoping to shed.  
   a. This includes __________ that need to be broken.  
   b. This includes specific __________ or responses that need to change.  
   c. This includes unbiblical ______________ toward certain things.  

2. What actions and attitudes must be ____________?  

   The following verses deal with this putting off and putting on process: Romans 13:12-14; Ephesians 4:17-5:20; Colossians 3:1-14.  

   The following chart gives us a summary of these verses.  

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<td>Covetousness</td>
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<tr>
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</table>

   Jesus taught this same principle of ______________. You cannot just cease doing something, you must do something in its place because nature loves a vacuum (Mt. 12:43-45).
3. What activities should I _________ doing?

Some common things include:

a. Staying away from places where I am tempted to do this.
b. Withdrawing from people who live the same way.
c. Altering my driving habits and other established routines.

4. What activities can I do that will _________?

a. Go places where the right behavior is reinforced.
b. Build relationships with people who live the right way.
c. Establish new routines that reinforce my new decision.
d. Burn or destroy those things that reinforce the bad behavior (e.g. pornography, alcohol, drug paraphernalia, cigarettes, etc.).

5. Where can I go ____________?

6. Why am I doing all of this?

We do it to _______________ and because it is the right thing to do. It is the way Christians live.

B. There are some questions that will help to glean facts that assist in determining an appropriate prescription.

1. How long have you had this problem?
2. How often does this problem occur?
3. Is there something that happens that seems to trigger this behavior?
4. When is it most likely to occur?
5. Is there a particular setting where this would most likely occur?
6. Is there a setting where this would never occur? Why or Why not?
7. Is there anyone else who has brought this to your attention?
8. Is there anyone that you feel you can trust to help give accountability in this area?

The answers to all of these questions will help you give advice regarding their change in behavior.
### Problems and How They were Addressed in the Epistles

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<td>Disobedience, Selfishness, Sin</td>
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<td>Do not be yoked together with unbelievers, be separate, cleanse yourself from all filthiness of the flesh and spirit.</td>
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<td>Licentiousness, Uncleanliness, Greediness, Lying, Stealing, Corrupt Communication, Bitterness, Wrath, Anger, Clamor, Malice, Fornication, Uncleanliness, Covetousness, Filthiness, Foolish Talking, Coarse Jesting, Evil Desire, Idolatry, Blasphemy</td>
<td>Put off the old man (conduct), be renewed in the spirit of your mind, put on the new man (righteousness and holiness). Put away the negative activity and speak truth, steal no more, give to those in need, speak to edify, be kind to one another, tenderhearted, forgiving one another, walk in love, give thanks, walk as children of light, have no fellowship with the unfruitful works of darkness, walk circumspectly, do not be drunk with wine, be filled with the Spirit, praise and worship God and submit one to another. Put on love. Let the word of Christ dwell in you richly.</td>
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Lesson 20
Giving and Checking Homework

I. There is an important purpose in giving and checking homework.

A. Homework has great value for the counselee.
   1. Homework helps us _____________ a person’s sincerity and willingness to work.
   2. Homework establishes a sense of _______________ for what has been discussed.
   3. Homework helps us _______________ over a long period of time.
      a. We want solutions to become __________.
      b. We want habits to become ______________.
   4. Homework paves the way for the counselee becoming ________________ of the counselor.
   5. Homework helps us to measure and maintain ________________.
   6. Homework helps people to see that they actually can do things that they do not _____________ doing.
   7. Homework can help the counselees to _______________ between the actual counseling sessions.
   8. Homework can help people to get on track with ________________ of behavior.
   9. Homework can create a measure of __________.

B. Homework also has value for the counselor.
   1. It forces the counselor _______________ in advance for coming sessions.
   2. It helps the counselor to _______________ on the issues.
   3. It helps keep the focus on _______________ rather than problems.

II. There are some fundamental guidelines for giving homework.

A. Homework assignments should be ________________.
B. Homework assignments should be _________________ by the counselee.
C. Homework should be _______________ to the focus of the counsel.

D. Homework should begin with some form of the ________________ (See Lesson 13).

III. There are other considerations relative to the giving and checking of homework.

A. Homework should be ________________ after the prayer to open each session.

1. If the homework was not completed…
   
   1. Find out if there was any _____________ as to how to do the homework.
   
   2. Give them an opportunity to give ____________ why it was not completed.
   
   3. If the reason is anything other than an _______________, sent him or her home and set up another appointment.
   
   4. In this case remind them of ______________ for the homework and if they are not serious about it, you cannot and will not take it seriously either.

2. If the homework was completed they should be given the opportunity to share _______________ of the homework.

   There are some questions that the counselor can ask to gain more information from the homework assignment.

   a. Did you find this assignment easy or difficult to do?
   
   b. If it was difficult, why do you feel that it was difficult?
   
   c. Did you feel that the exercise was productive?
   
   d. What do you feel that you learned from the doing of it?
   
   e. Would you ever do something like this without it being an assignment?

B. Homework results can be kept in a ________________ reserved for that purpose.

1. In this book they will write down the homework _______________ that has been given.

2. In this book they will record _______________ of their assignment.

3. In this book they will take notes during the counseling sessions.
IV. There is a wide range of homework assignments that can be given.

A. Time Management Issues

1. Keep a log of everything that you did this week noting the actual times.
2. Memorize some scriptures that deal with accountability to God for our life.
3. Develop a schedule for your normal weekly flow of activity including all of your major responsibilities.
4. Listen to Life Management II, Lessons 5-6 on Time Management.

B. Parenting Issues

1. Keep a log of each time that you raised your voice to one of your children and the context in which it happened.
2. Discuss the issue of child discipline with your spouse and come up with three primary guidelines on which you can both agree.
3. Spend a quality five minutes with each child individually each day where you discuss their day affirm your love to them.
4. Conduct family devotions three days each week and record what you did and the results.
5. Plan a family outing that is especially geared for the ages of your children.
6. Plan a regular weekly family night with your children and keep a record of what you did.
7. Plan a family vacation and begin budgeting for it.
8. Listen to the CD series on parenting from the Family Issues course and fill in the notes. Be prepared to discuss your observations.

C. Marriage Issues

1. Spend 15 minutes per day in prayer and Bible reading with each other.
   Ask the following questions from the passages read:
   a. Is there an example for me to follow?
   b. Is there a promise for me to claim?
   c. Is there a sin for me to avoid?
d. Is there a special thought or teaching or insight about God?

e. Is there a special application for my life today?

2. Go out on a date this week that is completely planned by the husband.

3. Give each other one conscious and sincere compliment each day. Keep track of your own statements.

4. Work out a solution that you both can agree to regarding ____________.

5. Make a list of activities that you both enjoy that could serve as a basis for regular dates.

6. Pray together each night before you go to bed.

7. List five areas that you are happy with in your marriage, two issues that you know you need to work on in your marriage and two issues that you feel the other person needs to work on.

8. Listen to the marriage series from the Family Issues course and fill in the notes. Be prepared to discuss your observations.

D. Financial Issues

1. Keep record of every purchase that you made this week.

2. Bring your shopping list and shopping receipts.

3. Fill out a budget worksheet and a list of all outstanding bills.

4. Contact each of your creditors, apologize for your lateness, assure them of your sense of responsibility and inform them of your proposed payment plan. Record the results of each call.

5. Open a savings account and make an initial deposit. Establish guidelines as to how that money can be used.

6. Listen to Life Management II, Lesson 7-12 on money management.

E. Personal Issues

1. Keep track of every time that you lost your temper including with whom, when and what led up to it.

2. Do a Bible study on anger and the fruit of it in one’s life.
3. Write a letter to your father and forgive him for past sins against you. Bring the letter to the next session. Do not send it until I have approved it.

4. Give a full six hours each working day to look for work. Bring a record of all calls made, all resumes delivered and all interviews conducted.

5. List three long term goals that you have for yourself and when you hope to achieve them. Evaluate your progress in relation to each goal.

V. Some resources that will help with assignment ideas for the counselor.

A. Wayne Mack has developed a number of homework manuals available from his website at mackministries.org.


4. Strengthening Your Marriage

B. Some other books include the following:

Christian Therapist’s Notebook: Homework, Handouts, and Activities for Use in Christian Counseling by Phillip J. Henry, Lori Marie Figueroa, and David R. Miller

Remember that no matter what resource you use for the counselee’s homework, review it ahead of time to be sure it is consistent with your belief system.
Lesson 21
Counseling Cautions

I. There are some cautions relative to the counseling schedule.

A. Work counselees into _________ schedule.

B. Keep counseling sessions to a specified _____________.

   The first session might be longer because there will be a significant amount of
   information gathering. However, all subsequent sessions should be within the context
   of _______________ or less.

C. Give ample time in ___________________ so that they can work some things out.

D. Don’t be afraid to take a “______________” from counseling.

E. Know when ___________ the counseling process.

   At some point the counselor will have to decide when enough is enough. The
   termination of the process should be _______________ as a graduation to the next
   step.

II. There are some cautions relative to the counselor.

A. Be sure you hear _____________ of a matter before you render judgment.

   Resist the urge to empathize with the person who came to you _________. Resist
   the urge to identify with a particular _____________.

B. Don’t answer a matter before you _____________.

   Take the time necessary to give appropriate attention to the problem at hand gathering
   as much information as is necessary to ____________________ the situation.

C. Don’t presume that people _________________ or the basic principles of the Bible.

D. Don’t counsel when you are emotionally and physically ________________.

E. Don’t counsel _________________but refer counselees to where they can get help.

F. Don’t ________________.

G. Follow the guidelines that have been given by ________________.
H. Do not ______________ or question counsel that has been given to the counselee by another minister or counselor without checking out their statements.

I. Guard your ____________ so that you do not have to repent yourself (Col. 4:6).

This leads to a whole discussion of confidentiality in the counseling process. We give extensive treatment to this subject in the course titled Pastoral Ministry, Lesson 11-12. For our discussion in this course we will focus on some of the practical implications of confidentiality.

1. We have a responsibility ________________ to operate under the laws of love, faithfulness and edification.
   a. Watch what you share with your ___________ and other leaders concerning matters of counsel.
   b. Be careful at home especially in front of the ____________ not to discuss the problems of the people.
   c. Do not repeat stories of the ________________ especially when you do not have all of the facts (Ex. 23:1).
   d. Do not allow request for prayer to become a ________________.
   e. Do not use people and their problems in ____________ with other leaders.

2. We have a responsibility as Christian ______________ to operate with a commitment to the Lord, to the person and to our designated role as a counselor.
   a. Make sure your counseling office is _______________.
   b. Make sure your waiting area is not the center of ________________.
   c. Keep counseling notes under ________________.
   d. Ask ________________ to share with other leaders or pastors for your own outside advice and counsel.

J. Be careful about what you identify to be ________________ of the problem.

There are four main sources from which problems can arise.

1. Demonic Activity

If the problem is diagnosed as demonic activity the solution requires some form of deliverance ministry. The solutions to the problems must be ________________ the correct diagnosis of the problem.
2. Physical Illness

If the problem is diagnosed as brain disease the solution requires either a miracle of healing or treatment by a professional in the ____________ field.

3. Chemical Imbalance

If the problem is a chemical or hormonal imbalance due to some change of life (pregnancy, puberty, menopause, etc.) the solution to the problem may include prayer but more often than not will involved some assistance from the ____________ profession.

4. Living and Lifestyle Issues

Research psychiatrist E. Fuller Torrey says that about 5 percent of those who come to a psychiatrist are people with organic brain disease, about 75 percent are people with problems of living, and the other 20 percent “will require closer examination to make a final judgment.”

–The Death of Psychiatry, Torrey, page 195

K. Learn to keep mercy and truth in perfect ____________ (Ps. 85:10; 40:11; 89:14; 61:7; Rom. 11:22). Refer to the course on Pastoral Ministry, Lesson 6.

See: Psalm 85:10; 40:11; 89:14; 61:7; Romans 11:22

1. Jesus knew when to be the kind, compassionate, forgiving minister of _________.

2. Jesus also knew when to be the rebuking, correcting and cleansing minister of ____________ (Luke 17:3).

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3. The counselor must know when to be merciful and when to be ____________
   (Ezek. 34:16-17; II Sam. 22:26-28; I Cor. 4:21).

4. The counselor who must wound must also be prepared to _____________ the
   wound (Deut. 32:39; I Sam. 2:6-7).

   If the counselor opens wounds and does not bind them up it will lead to infection
   or bitterness in the counselee.

   Part of this process is to let the counselee know what you are doing and why you
   are doing it. The counselor should be able to say “Why am I doing this? Why am
   I being so hard? I am doing this because I care about you. I am doing this
   because I am interested in your recovery. If you know the truth you can
   eventually be free.”
   
   L. Don’t make promises that you cannot keep.

III. **There are some cautions when counseling members of the opposite sex.**

   While counseling with members of the opposite sex is to be avoided if it is at all possible,
   there are a few times when it cannot be avoided. In such cases you should observe the
   following guidelines.

   A. Make sure that there are ________________ nearby who are aware of the
      counseling session.

   B. Make sure you are in a room into which others ____________.

   C. Make sure to sit in a way that there is an object ______________ you and the
      counselee.

   D. Make sure that you _______________ the counselee physically during the session
      when offering comfort or prayer.

   E. Explain to the counselee your guidelines so that they understand and do not take your
      apparent _____________ personally.

   F. Make sure that you do not enter into “______________” discussions about personal
      or sexual matters.

   G. Make sure to get a member of the same sex involved _________________.

Lesson 22
Using Illustrations in Counseling

I. There are several things that using illustrations in counseling will accomplish.

Illustrations are a way to add another dimension to the learning process.

A. Illustrations will help to ________________ or clarify the truth.

B. Illustrations will help the counselee ________________ or retain the truth.

C. Illustrations will ________________ and keep the session from becoming too “heavy.”

D. Illustrations will ________________ the pathway for repentance, change and recovery.

Think of the story of the prodigal son. It teaches many things about the process of recovery (Refer to Lesson 19).

1. He realized he had a problem.
2. He understood that it was he who had to change.
3. He was willing confess that he had sinned both before God and man.
4. He was willing to face those whom he had wronged.
5. He prepared a careful speech so that he would confess accurately.
6. He made a plan and followed through on that plan.
7. He refused to blame anyone else for his condition.
8. He did not presume upon the mercy of others.
9. He was willing to do what he could to right the wrongs for which he had been responsible.

E. Illustrations can present material that can be looked at more ________________.

F. Illustrations can help establish ____________.

II. There are several sources from which illustrations may come.

Illustrations can come from many sources.

A. Illustrations may come from ________________ and experience.
Personal examples are a tremendous aid in the counseling process. In a sense they can provide a form of modeling, imitation or discipleship. This is a type of mentorship that flows from God to us. The Son imitated the Father (John 5:19, 30). Paul imitated Jesus (I Cor. 11:1). Paul enjoined his followers to follow him (I Cor. 4:16; 11:1; Phil. 3:17).

Personal illustrations may include:

1. Personal victories over life dominating sins.
2. Financial victory over debt.
3. Personal dealings of God in specific areas of character development.
4. Growth in areas of family responsibilities.

B. Illustrations may come from the lives of ____________ (Heb. 6:11-12; 13:7).

Be sure that any story you use about another person is public knowledge or that you have been given permission by the person to use it as an illustration.

C. Illustrations may come from things you _______________ about the counselee (Phil. 2:12).

D. Illustrations may come from ____________________.

Here are a couple of examples:

1. For people who have tried to do something and failed over and over again.

   You can tell them about Abraham Lincoln who is considered one of the greatest U.S. presidents ever. He had a string of failures before he was elected to the highest office in the land.

   1831 – He failed in business
   1832 – He was defeated for state legislature
   1833 – He again failed in business
   1834 – He was elected to the state legislature
   1835 – His sweetheart died
   1836 – He had a nervous breakdown
   1838 – He was defeated for speaker of the house
   1840 – He was defeated for Congress
   1846 – He was elected to Congress
   1855 – He was defeated for Senate
   1856 – He was defeated for Vice President
   1858 – He was defeated for Senate
   1860 – He was elected President!

2. For people who feel that they are too old to start over.
You can tell them about a man who lived in the southern United States who had a service station and restaurant business but went bankrupt at the age of sixtyfive. It appeared that all was lost. As he assessed his condition he took stock of what he could do.

He knew how to do one thing well—fry chicken. He thought he might be able to sell his knowledge to others. He kissed his wife good-bye and in a battered old car, with a pressure cooker and a can of specially prepared flour he set out to sell the idea to other restaurants.

It was tough going and he often slept in the car because there was not enough money for a hotel room. A few years later he had built a nationwide, franchised restaurant chain called Kentucky Fried Chicken (KFC). The man’s name was Colonel Sanders.

E. Illustrations may come from __________ stories, movies or songs.

To be effective as illustrations the stories that are used should be commonly known or at least known by the counselee. Also, it is important that when illustrations are drawn from these sources they are in ______________ and do not call into question your maturity as a counselor.

F. Illustrations may come from the world of __________

1. This includes the __________ kingdom.

   Even the Bible used the animal kingdom to exemplify certain behavior. For instance it uses the ant as a role model of __________ and advanced planning (Pro. 6:6-11).

2. This includes the __________ kingdom (sowing, fertilizing, watering, pruning, reaping, etc.).

   An illustration of life coming out of death is found in the whole cycle of the seed (John 12:24-25).

3. This includes the natural processes (seasons, tides, new moons, erosion, sowing and reaping, etc.).

   Jesus often used illustrations from nature.

   a. He spoke of the four different kinds of ________ and the yield that could be expected from them (Mt. 13).
b. He spoke of the rain, flood and _________ beating against the house of the wise and the foolish man (Mt. 7:24-27).

c. He spoke of the power of ___________ in the measures of meal (Mt. 13:33; I Cor. 5:6).

G. Illustrations may come from ___________________ with which they may be familiar.

H. Illustrations may come from ________________.

1. __________ of the Bible
   a. The faith of Abraham
   b. The suffering of Job
   c. The heart of David
   d. The servant spirit of Joseph
   e. The determination of Joshua and Caleb
   f. The humility of Moses

2. __________ of the Bible
   - The two debtors (Luke 7:41-50)
   - Sewing a new patch on old garment (Mt. 9:16).
   - Putting new wine into old wineskins (Mt. 9:16-17).
   - Sowing of seeds in the field (Mt. 13:3-23).
   - The wheat and the tares (Mt. 13:24-30, 36-43)
   - The mustard seed (Mt. 13:31-32)
   - Leaven (Mt. 13:33)
   - The treasure hidden in the field (Mt. 13:44).
   - The pearl of great price (Mt. 13:45-46)
   - The dragnet (Mt. 13:47-50)
   - The good Samaritan (Luke 10:30-37)
   - The rich fool (Luke 12:16-21)
   - The barren fig tree (Luke 13:6-9)
   - The great supper (Luke 14:15-24)
   - Building a tower (Luke 14:28-30)
   - Going to war (Luke 14:31-33)
   - The lost sheep (Luke 15:3-7; Mt. 18:10-14)
   - The lost coin (Luke 15:8-10)
   - The prodigal son (Luke 15:11-32)
   - The unjust steward (Luke 16:1-8)
   - The rich man and Lazarus (Luke 16:19-31)
   - The unprofitable servants (Luke 17:7-10)
   - The persistent widow (Luke 18:1-8)
• The Pharisee and the publican (Luke 18:10-14)
• The unforgiving servant (Mt. 18:23-35)
• The householder (Mt. 20:1-16)
• The two sons (Mt. 21:28-31)
• The vineyard (Mt. 21:33-44)
• The marriage supper (Mt. 22:2-14)
• The faithful and wise servant (Mt. 24:45-51)
• The wise and foolish virgins (Mt. 25:1-12)
• The talents (Mt. 25:14-30)

3. ______________ from the Bible
   a. The potter’s wheel (Is. 64:8)
   b. The shaping of an arrow (Is. 49:1-2)
   c. The refining of gold (Ps. 66:10)
   d. The shepherd and sheep (Ps. 23)

I. Illustrations may come from the world of ____________.

   Paul used athletics often to illustrate his challenges to people. He talked of runners in a race (I Cor. 9:24; Heb. 12:1). He spoke of boxers and how they fight (I Cor. 9:26-27).

J. Illustrations may come from the stages of human growth and ________________.

K. Illustrations may come from human biological ________________.

   1. The digestive system
   2. The respiratory system
   3. The nervous system
   4. The skeletal system
   5. The circulatory system

III. There are guidelines that apply to the use of illustrations.

   A. Make sure that the illustration is ____________.

   B. Make sure that the illustration is ____________.

   C. Make sure that the illustration is ____________ or appropriate.

   D. Make sure that the illustration is ____________.
VII. There are charts or diagrams that can be used as illustrations. Begin to keep a file for charts or diagrams that help you to explain concepts.

The law of sowing and reaping (See Lesson 9).

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How marriage relationships can come together.
How guilt and blame are balanced.
Lesson 23
Common Counseling Questions

A. What are the dangers of being dedicated to the primary ministry of counseling?

No one is emotionally built to handle one problem after another without the danger of several things happening.

1. They can become __________ about life wondering if there are any stable people left in the world.

2. They can begin to carry people’s problems which can become __________ in their own life.

3. They can become __________ or callous to the problems of people.

B. What are some guidelines for how a counselor should introduce themselves to the counselee?

1. Do not portray yourself as a _______________ counselor, psychologist or psychotherapist.

2. Do not imply that you have professional _______________ when you do not.

3. Keep your terminology biblical instead of ____________.

4. Do not present yourself as someone who has “___________” in relationship to all areas of life.

5. Let the counselee know that the ___________ is the basis for your advice.

C. What are some important guidelines when counseling with minor children?

1. It is important that __________ or guardians are aware of any counseling that occurs in relation to their child.

2. It is wise to have _______________ present when children are counseled.

3. The counselor should never go into a child’s home unless the parents are __________.

4. The counselor should never meet with a child in a private or secluded place __________.
D. What are some ways to confront people without becoming confrontational?

Learn how to turn direct statements into ____________.

For instance, instead of telling a married person that they have a strong will, you might ask the question, “Would you or your spouse say that you have a strong will?”

E. When is it inappropriate to hear the whole truth and nothing but the truth?

There are times in the counseling process when you may have to stop the counselee from revealing all. The fact of the matter is, you do not need to hear all of the intricate details of shameful, sinful behavior. This is true whether it is sexual activity or some other type of bad behavior.

F. What should be in the heart of counselor at all times?

In the heart of the counselor should be a love for people and a genuine care and concern for them. The purpose of counseling or confrontation is to assist people the same way a caring father or mother would assist their own children. To be a good counselor you must be a people person.

Notice the following verses that demonstrate the heart needed to minister to people.

I Corinthians 4:14-15

*I do not write these things to shame you, but as my beloved children I warn you. For though you might have ten thousand instructors in Christ, yet you do not have many fathers; for in Christ Jesus I have begotten you through the gospel.*

Philippians 1:3-8

*I thank my God upon every remembrance of you, 4 always in every prayer of mine making request for you all with joy, 5 for your fellowship in the gospel from the first day until now, 6 being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ; 7 just as it is right for me to think this of you all, because I have you in my heart, inasmuch as both in my chains and in the defense and confirmation of the gospel, you all are partakers with me of grace. 8 For God is my witness, how greatly I long for you all with the affection of Jesus Christ.*

I Thessalonians 2:3-12

*For our exhortation did not come from error or uncleanness, nor was it in deceit. 4 But as we have been approved by God to be entrusted with the gospel, even so we speak, not as pleasing men, but God who tests our hearts. 5 For neither at any time did we use flattering*
words, as you know, nor a cloak for covetousness--God is witness. 6 Nor did we seek glory from men, either from you or from others, when we might have made demands as apostles of Christ. 7 But we were gentle among you, just as a nursing mother cherishes her own children. 8 So, affectionately longing for you, we were well pleased to impart to you not only the gospel of God, but also our own lives, because you had become dear to us. 9 For you remember, brethren, our labor and toil; for laboring night and day, that we might not be a burden to any of you, we preached to you the gospel of God. 10 You are witnesses, and God also, how devoutly and justly and blamelessly we behaved ourselves among you who believe; 11 as you know how we exhorted, and comforted, and charged every one of you, as a father does his own children, 12 that you would walk worthy of God who calls you into His own kingdom and glory.

G. What are some common complaints that people have expressed regarding their counselors?

1. The counselor was not really listening to me, they seem to be ________________.
2. The counselor seemed to be ______________ whenever I tried to explain my situation.
3. The counselor seemed to be in ______________ to go somewhere.
4. The counselor treated me like I was a __________ in the classroom who was acting up.
5. The counselor didn’t take me seriously; he acted as if my problem was ____________.
6. The counselor seemed to care more about ______________ than he did me.
7. The counselor gave a clear impression that he didn’t know ________________.
8. The counselor _________________ from my problem and simply talked of others that he had helped.
9. The counselor listened but gave no suggestions, no direction, no motivation and no insight.

H. How important is the issue of sleep?

Sleep deprivation can have serious effects on your health in the form of physical and mental impairments. Inadequate rest impairs our ability to think, to handle stress, to maintain a healthy immune system and to moderate our emotions.

Without adequate rest, the brain’s ability to function quickly deteriorates. The brain works harder to counteract sleep deprivation effects, but operates less effectively. In such a case concentration levels drop and memory becomes impaired.

In addition, the brains ability to problem-solve is greatly impaired. Decision making abilities are compromised and the brain falls into rigid thought patterns that make it difficult to
generate new problem-solving ideas. Other typical effects of sleep deprivation can include:

- hypertension
- irritability
- slower reaction times
- slurred speech
- tremors.

I. What are three all-important areas in data gathering?

The following thoughts are taken from *Coping with Counseling Crises* by Jay Adams, pages 28-29.

Three all-important areas in the data gathering process are:

1. The ___________ involved in the crisis.
   
   Who are they? In what ways are they involved? Are there others besides those who are immediately apparent to the counselee?

2. The _______________ of the counselee to each person involved and their ________ ____________ to each party.
   
   Does he owe money? Must he seek forgiveness? Has someone slandered his name?

3. The ___________ that need to be resolved.
   
   What are they? Of what sort?

J. What are some things that may cause failure in the counseling process?

1. The counselor gets emotionally involved and becomes __________________ to the excuses given by the counselee.
   
   The counselor must uphold the truth that there is no situation that can occur for which we do not have God’s grace to do the right thing (I Cor. 10:13).

2. The counselor comes to a conclusion _______________ without hearing all of the facts or all of the sides of an issue.

3. The counselor becomes ______________ by the person they are counseling and takes the matter personally.
4. The counselor _______________ in an issue because of some factor totally unrelated to the problem.

5. The counselor _______________ his or her involvement over that of the Spirit and the Word.

K. What are some things that you have learned about the counseling process?

1. No change will be permanent unless the person is changed on ______________.

2. No problem is ever solved until it is solved according to the _________________.

3. No matter how much you care about people, you ________________ everyone.

4. After all is said and done, people are freewill beings and will do what they _______ ________. 

5. People who resist the counseling process or balk at the advice they are given often ________________ than before they confronted truth.

6. People who are not open and walk out on your counsel will eventually have to face the truth and may come back to you if you keep _________________.

L. What is the ultimate motivator when it comes to moving people toward biblical behavior?

When nothing else works, people need to understand that every believer will appear before the Judgment Seat of Christ.

_For we must all appear before the judgment seat of Christ, that each one may receive the things done in the body, according to what he has done, whether good or bad. Knowing, therefore, the terror of the Lord, we persuade men; but we are well known to God, and I also trust are well known in your consciences._  
II Corinthians 5:10-11

1. This judgment involves believers only and does not deal with the issue of forgiven sin and the salvation of the believer (Eph. 1:7-8; Is. 43:25).

2. This judgment concerns the believer’s faithfulness to all the _________________. (Luke 12:42-48).

_and the Lord said, “Who then is that faithful and wise steward, whom his master will make ruler over his household, to give them their portion of food in due season? 43 Blessed is that servant whom his master will find so doing when he comes. 44 Truly, I say to you that he will make him ruler over all that he has. 45 But if that servant says in his_
heart, ‘My master is delaying his coming,’ and begins to beat the male and female servants, and to eat and drink and be drunk, 46 the master of that servant will come on a day when he is not looking for him, and at an hour when he is not aware, and will cut him in two and appoint him his portion with the unbelievers. 47 And that servant who knew his master’s will, and did not prepare himself or do according to his will, shall be beaten with many stripes. 48 But he who did not know, yet committed things deserving of stripes, shall be beaten with few. For everyone to whom much is given, from him much will be required; and to whom much has been committed, of him they will ask the more.”
Lesson 24
Counseling Resources

I. Counseling Resource Books

A. *The Renewed Mind* by Larry Christensen

This is a very basic but outstanding book built on the premise that significant changes can take place in our lives as our minds are renewed to simple biblical truths. The author makes clear the distinction between what God has done and what we are to do as a result. This is a brief but helpful presentation on the difference between faith and grace and law and works.

He also addresses such topics as temptation, guilt, and forgiveness; the timing of God in the affairs of our lives, the power to forgive; the place of faith and patience; the purpose of trials and afflictions, and some helpful principles of prayer.

*The Renewed Mind* is a help for discipleship as well as a counseling tool for the very basic areas needed for growth in the life of a Christian.

B. *Common Care Counseling Course and Materials* by Terry & Cheryl Edwards and Bill Rose Kimball

This is by far one of the best resources for the Christian Counselors. It is designed for the Christian who wants to be of service to those in need around him. The course and its material offer specific practical helps for solving the most basic problems that we face as believers.

This course and its booklets also provide guidelines for counseling and specific scriptural instruction in 16 basic problem areas. Subjects covered include worry, fear, anger, depression and condemnation... just to name a few. Each booklet can be used for instruction, discipleship, counseling and accountability; all with a view toward effecting change in the life of a believer.

C. *Competent to Counsel* by Jay Adams

Adams clearly presents the authority of biblical counseling in sharp contrast to the humanistic approaches offered not only in secular society today but also in the church. He particularly emphasizes the finished work of Jesus Christ, the power of the Word of God and the Holy Spirit, the personal responsibility of every believer and the ability of Christians to serve one another in the counseling process.

While this volume primarily addresses the foundations of counseling, it also offers practical instruction in the counseling process.
D. *The Christian Counselor’s Manual* by Jay Adams

As the title suggests this tool is a comprehensive handbook of counseling procedures and practices and their application to many of the problems that we will confront as counselors. Adams discusses the responsibility of the counselor and the counselee, the actual counseling session, the variety of approaches to various problems, the use of homework and accountability, and the various scriptures that apply to each of these problems and situations.

This work is invaluable as a textbook for instruction as well as a handbook for application.

E. *Christian Counseling/A Comprehensive Guide* by Gary R. Collins, PhD

This book like Jay Adams’ Counselor’s Manual is a comprehensive textbook of problems, needs and issues requiring the assistance of a competent counselor. This work is extraordinarily thorough in its selection of counseling problems and its biblical solutions to those problems.

Collins deals with personal issues such as depression, anger and guilt; single/marital problems, family issues such as child-rearing, adolescents, and vocational counseling; and other issues such as finances, drugs and alcohol, grief and life traumas.

This also would be an invaluable addition to a counselor’s library.

F. *More Than Redemption* by Jay Adams

Not a book of “how-to’s” *More Than Redemption* is a study in the various doctrines that are foundational to all counselors. Jay Adams discusses the relationship between God and man, the affects of sin, and the role of the church in the counseling process. These are just a few of the theological themes that are presented as a means of helping us understand the root causes and basic solutions to the counseling problems that we face.

G. *Handbook for Helping Others* by Kenneth Stafford

This handbook gives basic yet very helpful material for counselors. It presents basic Christian counseling methods and topical helps for specific needs and problems.

H. *Strengthening Your Marriage* by Wayne Mack
This book is full of teaching outlines and homework assignments on issues related to building a strong marriage. He deals with understanding God’s purpose for marriage, the responsibilities of the wife, the responsibilities of the husband, communication in marriage, finances in marriage, sexual unity in marriage, raising children and family devotions. Wayne Mack has a website where other materials can be found including the homework manuals that were referred to in Lesson 20 of this course.

I. *The Peace Maker* by Ken Sande

This book is a biblical guide to resolving personal conflict. A key work of every counselor is bringing people back together, restoring relationships and resolving conflict. This book has become a classic work on these areas of counsel.

J. *The Premarital Counseling Handbook* by H. Norman Wright

Norman Wright has become a household name in the area of premarital counseling. This book brings together some of his best material and gives alternative resources from which the counselor may draw including three other books that he also authored, *How to Speak Your Spouse’s Language, So You’re Getting Married, and Before you Say I Do.*

K. *How to Counsel from Scripture* by Martin and Deidre Bobgan

This book is a great resource for the counselor. It focuses on the issue of change including methodology for change, the dynamics of change and key elements in the change process. It has some good discussions on the receiving and giving of love, the receiving and giving of forgiveness and the difference between inner and outer change.

L. *Crisis Counseling* by H. Norman Wright

This book is a good book when dealing with specific crisis issues. It has chapters on such themes as depression, suicide, death, divorce, wayward children, teenagers, life transitions and post-traumatic stress. It also has a chapter on the process of intervention.

M. *Marriage, Divorce, and Remarriage in the Bible* by Jay Adams
This is perhaps the best book on the subject today. The object of the book is to truly discover what the Bible teaches in this area. At all times it attempts to balance mercy and truth.

II. School of Ministry Resources

School of Ministry can be an important resource to the counselor when dealing with various issues. The following are some of the topics that are discussed at length in school of ministry.

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**M. The Internet is a good source for counseling resources.**

While it is absolutely critical to screen the material that you find on the internet and be sure that it is in line with the principles of biblical counseling that you have learned in this class, it is amazing how much material is out there and available for free. There are
articles and outlines on nearly every subject that you could name. Some of the material you will find is very good and useful; some of it is not so good and not so useful. However, often the counselor will be able to find some good material on the subject of their choice.