

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 Absalom (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 *sumbouleo*. 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; I 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 (*Epitimaō*)

- 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 (*Noutheteō*)

- 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; I Th. 1:5; I 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).
 9. The Holy Spirit produces Christ-like _____ in the life of the believer (Gal. 5:22-23).

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).
 13. The Holy Spirit _____ the believer and leads him into truth (John 16:13; I John 2:27).
 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).
 16. The Holy Spirit reveals the _____ to the believer (Luke 2:26; John 16:13; Acts 20:23; 21:11; Rev 1:10).
 17. The Holy Spirit helps and guides in _____ and intercession (Rom. 8:26-27; Eph. 6:18; Jude 20).
 18. The Holy Spirit _____ (John 15:26; Acts 9:31).
 19. The Holy Spirit _____ the believer (Eph. 1:13; 4:30; II Cor. 1:21-22).
 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).
 17. God _____ and neither does His Word (Is. 55:10-11; Jer. 1:12).
- 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).
4. Jesus functioned in _____ of the Spirit.
 - 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.

1. Jesus _____ the Word of God regularly in dialogue (Mt. 13:13-15; Mark 7:6-7; Luke 4:18-19).
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 _____.

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 (I 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).

- e. Unbelievers have difficulty making personal sacrifices purely for the sake _____.
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 unfaltering 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 Rebuke
- 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 may need to be _____ concerning the destiny of a life that is lived outside of the will of God and the word of God.

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

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

Counsees 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. Counsees 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 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).
 - b. To those who forgive God extends _____ (Luke 6:37).
 - 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.



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 _____.

1. Billy Graham identified certain “responsive chords” in everyone’s heart (*Ministries Today*, Sept/ Oct, 1989).
 - 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.
 3. Focusing on what _____ rather than what others must do (Acts 9:6).
 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.

e. The Time for Counseling

From a biblical point of view there is a difference between good timing and bad timing in dealing with your neighbor (Pro. 27:14; 25:11; Eccl. 3:1; Luke 12:42).

1. The time for the sessions should be _____ for all.
 - a. When everyone is _____.
 - b. When emotions are _____.
 - c. When there is no need to _____.
2. The time for the sessions should be limited to a _____.

f. The Personal Data Inventory

It is best before beginning what appears to be extended counseling for the 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

Name of Child	Age	Sex	Education Status Years Completed	Marital Status

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 _____.
3. Guidelines for successful note taking.
- 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.

Typical Counselee Remarks	Typical Counselor Responses
“I can’t!”	“Do you mean that you can’t or won’t?” or, “God says that you <i>can</i> .”
“I have done everything that I could.”	“Everything? What about...”
“I’ve tried that but it didn’t work.”	“Did you <i>really</i> try? How many times? For how long? In what way? How consistently?” (Get the details: “precisely, what <i>did</i> you do?”)
“I did my best.”	“Are you sure? Tell me precisely <i>what</i> you did.” or, “Remember the <i>best</i> is what God says to do. Did you...?”
“ <i>No one</i> believes me, etc.”	“Can’t you think of <i>one</i> person who does? How about some more?” or, “I believe you...”
“I could <i>never</i> do <i>that</i> .”	“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...”
“If I had the time, I’d do it.”	“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.”
“Don’t blame me...”	“Are you saying that you are not responsible? God says...”
“Don’t ask me...”	“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.”
“I guess so.”	“Are you really guessing or is that what you believe (think)?”

“You know how it is...”	“No, I don’t know; can you explain it more fully?”
“But I’ve <i>prayed</i> about it.”	“Fine! Then what did you <i>do</i> ?” or, “Have you prayed for help to discover what God’s Word says to <i>do</i> about the problem?” or, hat, exactly, did you pray?”
“I’m at the end of my rope.”	“Which end? Perhaps you are beginning to uncoil your problem for the first time.”
“I have a need to...”	“Is it a need or only a desire? (or habit)”
“I’m just one of those people who has to...”	“Yes, I’m sure you are; but Christ wants you to become a different sort of person.”
“That’s just the way I am.”	“Doubtless, but God says that you can be different.”
“That is impossible.”	“What you mean, of course, is that is it very difficult.”
“There are all sorts of (too many) objections to doing that.”	“Would you mind naming six or seven so that I can see what sort of things you have in mind and determine what it will take to answer them?”
“You can’t teach an old dog new tricks.”	“Perhaps that is true - but you are not a dog. You were created in the image and likeness of the living God! He knows you and commands you to change.”
“It’ll never work.”	“It is God’s way and it <i>always</i> works when people abandon that attitude.”
“I’ll never forgive him!”	“If you are a child of God, as you claim, you will. You are going to live with him for eternity; why don’t you forgive him and begin to get used to it now?”
“I don’t do anything half way, so...”	“Are you sure? Can’t you think of some things that you do? For instance, what about...”
“Everything [one] is against me...”	“No, you are wrong. If you are a Christian that Bible says the opposite: ‘If God be for us, who can be against us?’ (Romans 8:31)”
“How do you feel about...?”	“May I tell you what I think, or may I only discuss my emotions?”

C. There are common _____ that will help bring clarification to counselee’s statements.

1. How? Or in what way?

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.

2. What for? Or why?

This question will help the counselor to determine the motive or the _____ of the person who was acting in a certain way.

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.

Jay Adams in his Christian Counselors Manual lists eleven people who especially need hope (page 41-46).

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 Trobisch.

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.

Supplement 1 to Lesson 17

Sins of the Last Days according to II Timothy 3:1-5

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

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 (name the sin), 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 excuse) . 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 (accusation) . 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.

Put Off The Old Man	Put On The New Man
Works of Darkness	Armor of Light
Lying	Speaking the Truth
Stealing	Honest Labor
Corrupt Communication	Edifying Conversation
Bitterness	Kindness
Wrath	Tenderheartedness
Anger	Forgiveness
Malice	Love
Fornication	Worship of God
Uncleanness	Goodness
Filthy Language	Truth
Foolish Talking	Carefulness
Drunkness	Filled with the Spirit
Covetousness	Generosity
Evil Desires	Mercy
Idolatry	Humility
Selfishness	Serving Others

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.

Supplement to Lesson 19

Problems and How They were Addressed in the Epistles

Verse	Problem	Cause	Solution
Romans 6:1-23	Disobedience, Selfishness, Sin	Yielding our members as instruments of unrighteousness, sinful lusts	Obedience in baptism, death to self, submission to God, yielding our members as instruments of righteousness, cultivating godly desires.
Romans 7:15-8:17	Sin	Innate sinful tendencies of the flesh, the law of sin and death, living according to the flesh	The indwelling Christ and the law of the spirit of life in Christ Jesus, live according to the Spirit, put to death the deeds of the body, be led by the Spirit.
Romans 12:9-21	Hypocrisy, Personal Relationships, Sloth, Pride, Strife, Etc.	Wrong Attitudes	The implications in all of Paul's admonitions is that these believers have the power to control their attitudes and behavior in these areas.
Romans 13:11-14	Revelry, Drunkenness, Licentiousness, Lewdness, Strife, Envy	Making provision for the flesh, to fulfill its lusts.	Cast off the works of darkness, put on the armor of light, walk properly, put on Christ and make no provisions for the flesh.
I Corinthians 1:10-11	Strife, Divisions and Contentions	Spiritual Pride	Speak the same thing, be perfectly joined together.
I Corinthians 5:1-13	Sexual immorality, by inference: covetousness, idolatry, drunkenness, extortion, Etc.	Yielding to the fleshly appetite of lust.	Deliver to Satan for destruction of the flesh. Purge out the old leaven. Do not keep company with them. Put away yourself from the wicked "believer" (i.e. excommunication).
I Corinthians 6:9-11	Fornication, Idolatry, Adultery, Homo-sexuality, Thievery, Reviling, Extortion	Sin, separation from God and unbelief	Being washed, sanctified and justified in the name of the Lord Jesus and by the Spirit of our God.
I Corinthians 6:12-20	Sexual Immorality	Sin against the body	Flee sexual immorality. Glorify God in your body.
I Corinthians 9:24-27	No spiritual momentum	Lack of diligence	Run to win, be temperate, discipline your body.
I Corinthians 15:33	Bad Habits	Evil Company	Awake to righteousness, do not sin.
II Corinthians 4:7-15	Depression, Discouragement	Circumstances and Reversals	A spirit of faith, a confession of faith (vs. 13) and an eternal perspective (vs. 16-18).
II Corinthians 6:11-7:1	Communion with works of darkness	Lack of a separated life	Do not be yoked together with unbelievers, be separate, cleanse yourself from all filthiness of the flesh and spirit.
II Corinthians 7:5-7	Downcast	Tribulation	Comfort of the Holy Ghost and godly relationships.
II Corinthians 12:20-13:6	Uncleanness, Fornication, Licentiousness	Not acknowledging Paul and the Word as authority in their lives.	Repentance and self examination.
Galatians	Adultery, Fornication, Uncleanness, Licentiousness, Idolatry, Sorcery, Hatred, Contentions, Jealousies,	Works (lusts) of the Flesh	Walking in the Spirit, Crucifying the

5:16-26	Outbursts of Wrath, Selfish Ambitions, Dissentions, Heresies, Envy Murders, Etc.		flesh.
Ephesians 4:17-5:21 (See also Colossians 3:5-17)	Licentiousness, Uncleanness, Greediness, Lying, Stealing, Corrupt Communication, Bitterness, Wrath, Anger, Clamor, Malice, Fornication, Uncleanness, Covetousness, Filthiness, Foolish Talking, Coarse Jestng, Evil Desire, Idolatry, Blasphemy	Walking like the Unsaved in Carnality	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.
Ephesians 6:10-18	Struggle against Principalities and Powers, Rulers of Darkness	The wiles of the devil, the fiery darts of the wicked one.	Put on or take up the armor of God including truth, righteousness, the gospel, faith, the word of God, prayer, watchfulness and stand your ground.
Philippians 2:1-11	Conceit, Selfish Ambition	Pride	Put on humility, esteem others as better than you, look out for the interests of others, become obedient.
Philippians 3:17-21	Walking as Enemies of the Cross	Their god is their belly	Walk according to a good example and the pattern set by leadership.
Colossians 2:4-15	Taken captive by philosophy and empty deceit.	Deception, Persuasive words	Walking in Christ, Understanding Christ's dominance over all principality and power, what happened to you at your baptism and what Jesus accomplished on the cross.
I Thessalonians 5:1-11	Spiritual Sleep, Walking in Darkness	Being sons of darkness	Watch, be sober and put on faith, love and the hope of salvation.
II Thessalonians 3:6-15	Disorderliness, Idle, Busybodies	Carnal believers	Work and mind your own business.
II Timothy 2:25-26	Opposition to Truth	Taken captive by Satan	They need to come to their senses.
II Timothy 3:1-4:5	End Time Attitudes: Proud, Blasphemers, Disobedient, Unholy, Unloving, Unforgiving, Traitors, Head-strong, Empty Religion, Evil Men and Impostors	Love of money, of pleasure and of self	Continue in the things you have learned, continue in the Scripture, preach the Word (4:2), convince, rebuke, exhort with longsuffering and teaching (4:2).
Titus 1:10-16	Insubordinate, Idle Talkers	Love of money	Rebuke them that they may be sound in the faith.
Titus 3:11	Divisive Man	He is warped	Reject
Hebrews 3:7-14	Departing from the living God	Evil heart of unbelief	Hear his voice, do not harden your heart.
Hebrews		Being content with a	You need to be re-taught, feed on solid

5:12-6:3	Immature Christianity	shallow experience in God	food and exercise your spiritual senses. Lay again the foundations (6:1-3)
Hebrews 10:36-39	Backsliding	Drawing Back	Endurance and believing (faith) to the saving of the soul.
Hebrews 12:1-11	Habitual, Ensnaring Sin		Lay aside, run forward, look at Jesus, consider the cross, endure chastening, submit to God.
Hebrews 12:14-17	Falling Short, Defilement, Fornication	Root of Bitterness	Pursue peace with all men, and holiness, repentance (by implication, vs. 17).
James 1:12-15	Sin and Death	Own lusts + Temptation (from the devil) = Sin	Endure temptation (i.e. resist and work through).
James 1:21-25	Filthiness and Overflow of Wickedness	Own lusts (vs. 14)	Lay aside, receive the Word, become a hearer and doer of the Word, continue in it.
James 4:1-10	Wars, Strife, Murder among believers	Desire for pleasure within man, covetousness	War against those desires, submit to God, resist the devil, draw near to God, cleanse your hands, purify your hearts, repent, humble yourselves.
James 5:16	Trespases		Confession and Prayer
James 5:19-21	Wandering from Truth	Error of his way	Turn him back
I Peter 4:1-6	Licentiousness, Lusts, Drunkenness, Revelries, Drinking Parties, Idolatries	Lusts of the Flesh	Arm yourself with the mind of Christ who lived not in the flesh, but lived for the will of God. Do not run with the crowd that does these things.
I Peter 5:8-9	Suffering (vs. 9)	The roaring lion's attacks	Resist him with unwavering faith and the knowledge of how he works [Don't roar back].
II Peter 1:5-11	Stumbling, Barrenness, Uselessness, Blindness	Lack of Diligence	Be diligent to make your calling and election sure. If you do the prescribed things, you will never fall and you will have an abundant entry in to the eternal state.
II Pet. 2:9-22 with Jude 5-15	Uncleanness, Reveling, Adultery, Covetousness, Licentiousness	Presumption and Self Will, Walking in the Flesh	There is no solution given for these individuals. It should be noted that these are professed believers who offer liberty that leads to bondage.
Revelation 2:1-7	Left First Love		Remember, repent and do as you once did (i.e. the first works).
Revelation 2:12-17	Doctrine of Balaam and Nicolaitans		Repentance
Revelation 2:18-29	Sexual Immorality		Repentance, Holding fast to the truth
Revelation 3:1-6	Defiled Garments		Hold fast and repent
Revelation 3:14-22	Luke-warmness		Be zealous and repent

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 counsees 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.

1. *A Homework Manual for Biblical Counseling: Personal and Interpersonal Problems* (Vol. 1).
2. *A Homework Manual for Biblical Counseling: Family and Marital Problems* (Vol. 2).
3. *A Christian Growth and Discipleship Manual: A Homework Manual for Biblical Living* (Vol. 3).
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 involve 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).

BAL	A	NCE
<p>The Mercy Counselor</p> <p>Mercy Compassion Forgiving Acceptance Patience Grace Staff Peace Goodness</p>		<p>The Truth Counselor</p> <p>Truth Correcting Rebuking Judgment Intolerance Law Rod Sword Severity</p>

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 sixty five. 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. 9:9:17).
- 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 _____.

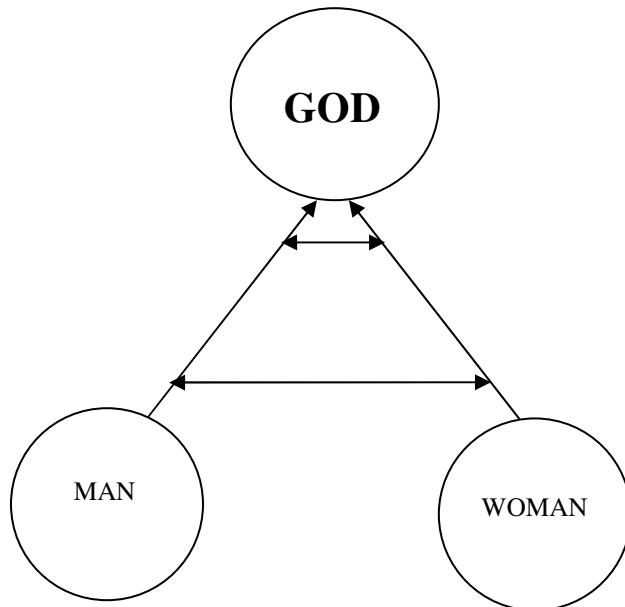
VII. There are charts or diagrams that can be used as illustrations.

Begin to keep a file for charts or diagrams that help you to explain concepts.

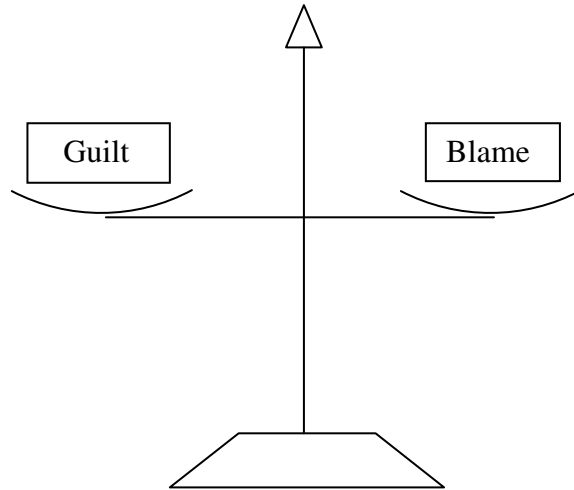
The law of sowing and reaping (See Lesson 9).



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 brain's 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.

Topic	Course Title	Lesson(s)
Repentance	Victorious Christianity Ministering to Personal Needs	Lesson 5-9 Lesson 1-4
Faith	Victorious Christianity	Lesson 10-12
Water Baptism	Victorious Christianity Ministering to Personal Needs	Lesson 13 Lesson 5-6
Holy Spirit Baptism	Victorious Christianity Ministering to Personal Needs Holy Spirit	Lesson 14 Lesson 7-8 Lesson 10-11
Speaking with Tongues	Holy Spirit	Lesson 12
Hearing and Doing	Victorious Christianity	Lesson 3-4
Receiving Forgiveness	Victorious Christianity	Lesson 15
Forgiving Others	Victorious Christianity	Lesson 16
Forgiving Yourself	Victorious Christianity	Lesson 17
Taming the Tongue	Victorious Christianity	Lesson 18-20
Understanding Affliction	Victorious Christianity	Lesson 21-23
Eternal Judgment	Victorious Christianity	Lesson 24
Healing	Ministering to Personal Needs	Lesson 9-10
Discovering Life Purpose	Life Management I	Lesson 4-6
Finding My Place in the Body	Life Management I	Lesson 7-12
Stewardship	Life Management II	Lesson 1
Setting Goals/Priorities	Life Management II	Lesson 2-3
Time Management	Life Management II	Lesson 5-6
Prosperity and Success	Life Management II	Lesson 7-8
Financial Management	Life Management II	Lesson 9-10
Tithing	Local Church	Lesson 12
Getting out of Debt	Life Management II	Lesson 11-12
Choosing a Career	Life Management III	Lesson 6
Honesty in Work	Life Management III	Lesson 7
Excellence in Work	Life Management III	Lesson 8-9
Ethics in Business	Life Management III	Lesson 11-12
Sharing Your Faith	Evangelism	Lesson 5
Marriage Covenant	Family Issues	Lesson 3
Marriage Roles	Family Issues	Lesson 4

Loving Your Spouse	Family Issues	Lesson 5, 10
Communication in Marriage	Family Issues	Lesson 6
Resolving Conflict in Marriage	Family Issues	Lesson 7
Sex in Marriage	Family Issues	Lesson 9
Parental Responsibilities	Family Issues	Lesson 11
The Value of Children	Family Issues	Lesson 12
Child Discipline	Family Issues	Lesson 13-14
The Atmosphere of the Home	Family Issues	Lesson 15
Family Devotions	Family Issues	Lesson 16
Successful Family Living	Family Issues	Lesson 18
Dating for a Believer	Family Issues	Lesson 19-20
	Social Roles and Relationships	Lesson 11-12
Divorce and Remarriage	Family Issues	Lesson 21
The Blended Family	Family Issues	Lesson 22
Grand Parenting	Family Issues	Lesson 23
Blasphemy of the Holy Spirit	Holy Spirit	Lesson 9
Prophecy	Holy Spirit	Lesson 18-19
Church Discipline	Local Church Pastoral Ministry	Lesson 14 Lesson 20
Local Church Commitment	Local Church	Lesson 15
How to Pray	Prayer & Personal Bible Study	Lesson 2
Prayer Models	Prayer & Personal Bible Study	Lesson 3-4
Activities of Prayer (Journaling)	Prayer & Personal Bible Study	Lesson 5
Fasting	Prayer & Personal Bible Study	Lesson 8
Reading the Bible	Prayer & Personal Bible Study	Lesson 9-11
Israel and the Church	Walking in Present Truth	Lesson 8-9
Relationship to Authority	Social Roles and Relationships	Lesson 3
Relating as a Christian	Social Roles and Relationships	Lesson 4
Cultivating Friendships	Social Roles and Relationships	Lesson 5-7
Moral Purity	Social Roles and Relationships	Lesson 8
Romantic Relationship	Social Roles and Relationships	Lesson 9-10
Engagement	Social Roles and Relationships	Lesson 11-12
The Authority of the Bible	Basic Doctrine I	Lesson 3-8
The Faithfulness of God	Introduction to Counseling	Lesson 16
The Power of the Devil	Basic Doctrine I	Lesson 15-18
Angels	Basic Doctrine II	Lesson 7-9
Heaven and Hell	Basic Doctrine II	Lesson 19-20
Eschatology	Basic Doctrine II	Lesson 21-24

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.