

## BIBLICAL COUNSELING

### Week One (Danny Hodges)

- Who is to do counseling? (chapter 8,)
- The crisis in Christian counseling (possibly glean from MacArthur's book)
- The Lord as counselor (Read chapters 1 & 8 before 1<sup>st</sup> class)
- Homework: Read chapters 2 & 3

### Week Two

- Counseling & Discipleship/Sanctification (chapters 2 & 3)
- Homework: Read chapter 4

### Week Three

- God's Word in counseling (chapter 4)
- Homework: Read chapters 5 & 6

### Week Four

- The Holy Spirit & prayer in counseling (chapters 5 & 6)
- Homework: read chapter 7

### Week Five

- Church life in counseling (chapter 7)
- Homework: Read chapter 10

### Week Six

- Vital issues for most counseling situations (chapter 10)
- Chapter nine required reading in preparation for this class
- Read chapter 11

### Week Seven

- Guidelines for the counseling situation (chapter 11)
- Homework: Read chapters 12-14

#### Week Eight

- Renewing our mind (chapters 12-14)
- Homework: Read remainder of our textbook

#### Week Nine

- Spiritual warfare (chapter 15)
- Read remainder of the book for this class

#### Week Ten

- Counseling Resources (Graham, MacArthur, Driscoll)
- Go over some counseling scenarios

#### Week Eleven

- Continue from week ten

## BIBLICAL COUNSELING

Intro: Counseling resources, as well as counseling scenarios given last two classes.

### I. THE CRISIS IN CHRISTIAN COUNSELING

#### A. The Trend Of Sending People For Counsel Outside The Church

- Umbrella Cliché' p.111

#### B. How This Happened

- The word psychology literally means “study of the soul.” Sigmund Freud is the author of modern psychology. He was an unbelieving humanist who devised psychology as a substitute for religion. Before Freud, the study of the soul was thought a spiritual discipline, and was inherently associated with religion. The basis of modern psychology can be summarized in several commonly held ideas that have their roots in early Freudian humanism. These are the same ideas that many Christians have attempted to synthesize with biblical truth: 1. Human nature is basically good. 2. People have answers to their problems inside them. 3. The key to understanding and correcting a person’s attitudes and actions lies somewhere in that person’s past. 4. Individual’s problems are the result of what someone else has done to them. 5. Human problems can be purely psychological in nature, unrelated to any spiritual or physical condition. 6. Deep-seated problems can be solved only by professional counselors using therapy. 7. Scripture, prayer, and the Holy Spirit are inadequate and simplistic resources for solving certain types of problems.
- As the church began integrating psychology into its counseling practices, and counseling ministries began popping up, pastors and church leaders soon found themselves referring people to counseling ministries outside the church. Unfortunately, that trend is still maintained in many churches today.

### II. THE REDISCOVERY OF BIBLICAL COUNSELING

## A. Jay Adams

- Born in 1929, converted to Christ in high school, obtained a Bachelor of Divinity from Reformed Episcopal Seminary (Philadelphia), a Bachelor of Arts in classics from Johns Hopkins University (Baltimore). He served as area director for Youth for Christ in the early 1950's, was ordained in 1952, and for the next 13 years pastored several churches. As a pastor, the problems of people's lives continually troubled and weighed on him. He worked hard at upgrading his counseling skills. He read voraciously from all three circles of counseling: the leading twentieth century psychologists, the standard works in pastoral counseling, as well as evangelicals like Clyde Narramore. Adams became more frustrated than ever. He concluded that everything he had learned was full of theory-driven speculations, was ineffective in practice, and was contrary to basic biblical truths. As a result, Adams began intensive bible study about the conscience, guilt, anthropology, and change. After two intense years, his overall conclusion was "sin is the problem, the Bible has the answers. By 1967 Adams' thinking had jelled into a system. In 1970 he published his first book, "Competent to Counsel." Adams saw the Bible's way of counseling as radically dependent on the work of the Holy Spirit to apply the Word of God to people's lives: the promises encourage and empower, the commands convict and guide, and the stories make application.

## B. Core Elements Rediscovered

1. God is at the center of counseling
2. Sin, in all its dimensions, is the primary problem counselors must deal with.
  - Motive & behavior, sins we commit and sins committed against us, consequences of personal sin and Adam's sin).
4. The gospel of Jesus Christ is the answer.
5. The biblical change process which counseling must aim at is progressive sanctification.
6. The situational difficulties people face are not the random cause of problems in living.

- Influential aspects of one's life are not the cause of sin. Heredity, temperament, personality, culture, oppression & evil, bereavement, handicaps, old age, Satan, physical illness, and so forth are significant for counseling, but are not ultimately causative of sin.  
7. Counseling is fundamentally a pastoral activity and must be church

### III. WHO IS TO DO COUNSELING? (Chapter 8)

#### A. The general responsibility

- Rom.15:14; Col.3:16 (“noutheteo”); I Cor.6:1-6
- Every believer is “competent to counsel”

#### B. Those especially gifted to counsel (pp.112-113)

#### C. Vital counselor character qualities (pp.113-120)

- a. Maturing (Heb.5:13-14)
- b. Abiding In Christ (John 14:4-5)
- c. Walking in the Spirit (Gal.5:22-23)
- d. Prayer (John 15:7)
- e. Trustworthiness (Prov.11:13)
- f. Willingness to sacrifice for others (I John 3:16)

### IV. THE LORD AS COUNSELOR (Chapter One)

#### A. Scriptures

- Isaiah 9:6; Psalm 32:8; Psalm 73:24; Psalm 23:1-3; Col.2:3; II Peter 1:3

#### B. Mining Heavenly Gold

- Read from pp.14-15

### CONCLUSION

- Read Conclusion on p.19

- Read chapters 2 & 3 for next week