

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 1st 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

How to Counsel with God's Word

Road to Emmaus

"And beginning with Moses and all the Prophets, he interpreted to them in all the Scriptures the things concerning himself," Luke 24:27.

He later opened their eyes so they could recognize them, and then he vanished from their site. "They said to each other, 'Did not our hearts burn within us while he talked to us on the road, while he opened to us the Scriptures?'" Luke 24:32.

Why'd it Burn?

Hebrews 1:1-13 and 2 Corinthians 4:6

Whach'ya standing on?

Matthew 7:24-27 / 1 Corinthians 3:11

Here's how massive Christ is: Whatever problem I'm working through with someone -- And, get this: It doesn't matter if the person is a believer or nonbeliever -- that problem or sin is ultimately rooted in that person's inability to believe Christ is enough.

So my goal in counseling with Scripture is this: Show people how powerful, how transformative and how utterly lovely Jesus Christ is. He's everything. And when they see Him as the ultimate treasure, they will divest themselves of lesser treasures because He's enough.

Let me say it another way.

- Discover what they're standing on, and why they're standing on it. Once you do:
 - Strengthen and encourage the person, if his or her foundation is Christ.
 - Destabilize the individual's way of thinking, if the person hopes or relies upon something or someone other than Christ.

Don't obsess over the sin, no matter how horrific. It's simply a symptom that reveals a heart that refuses to become or remain dependent and satisfied in Christ.

Let's look at the method a little closer.....

Discovery

Humility

--Hebrews 5:1-3 & Galatians 6:1-3

How to get it: Apply the gospel to yourself -- Romans 5:1-2, 6-11, 1 Corinthians 4:7

Questions

- Pray in the beginning, through the middle and to the end of the session
- Suspend judgement
- Ask questions that help you understand the person you're working with and what they're standing upon
 - View yourself as an archeologist; What's seemingly irrelevant in the beginning could become quite useful in the end
 - Be patient, give the conversation time. If you wait long enough, people will usually reveal the root issue, even if they don't see it themselves
 - Watch your expression as you're listening
- Remember: Listening with love and humility will allow you to speak truth later

Diagnoses

Case study: Paul ("I've been down in the dumps as of late, and I can't shake it.")

- Seek to 1) understand who the person is and 2) what they believe the problem. Then 3) determine what they're standing on and why they're standing on it. The last piece is vital, because once you have that, you'll know where to take the counseling. Don't move to 3, without 1 & 2.
- Once you think you understand the problem, ask for permission to reveal it: "I appreciate you sharing so much information with me. I think I have a sense of what's going on. Do you mind if I make a few observations from what you've said?"
- Succinctly describe the problem, as you see it.
- Verify: Does this sound right to you?
- Be open to getting it wrong. Also be open to getting it right and being disagreed with

Love

Use scripture to take them to Christ.

- Strengthen or
- Lovingly destabilize