

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

Counseling Class – Ryan Marr

Topic: Suffering

The goal of counseling is to give an opportunity for the counselee to reject the gospel or repent and receive the gospel in their life by applying its purpose.

I. Understanding suffering

A. Where did suffering come from?

1. Suffering came as a result of distorting God's image by committing SIN

a. Sin became a stain that infected all of us-

12 Therefore, just as through one man sin entered the world, and death through sin, and thus death spread to all men, because all sinned—
Romans 5:12

b. Where does sin come from?

18 But those things which proceed out of the mouth come from the heart, and they defile a man. **19** For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies.
Matthew 15:18-19

c. Suffering is the outflow of sin

16 To the woman He said: "I will greatly multiply your sorrow and your conception; In pain you shall bring forth children; Your desire *shall be* for your husband, And he shall rule over you."**17** Then to Adam He said, "Because you have heeded the voice of your wife, and have eaten from the tree of which I commanded you, saying, 'You shall not eat of it': "Cursed *is* the ground for your sake;In toil you shall eat *of* it All the days of your life.**18** Both thorns and thistles it shall bring forth for you, And you shall eat the herb of the field. **19** In the sweat of your face you shall eat bread Till you return to the ground, For out of it you were taken;For dust you *are*, And to dust you shall return."
Genesis 3: 16-18

II. What kind of sin are you suffering from?

- A. The Sin of Omission- Things you fail to do
- B. The Sin of Commission- Things you do
- C. Sin committed against you- Things that happen to you

D. Sin against the creation - Things that happen because the creation is cursed

18 For I consider that the sufferings of this present time are not worthy *to be compared* with the glory which shall be revealed in us. **19** For the earnest expectation of the creation eagerly waits for the revealing of the sons of God. **20** For the creation was subjected to futility, not willingly, but because of Him who subjected *it* in hope; **21** because the creation itself also will be delivered from the bondage of corruption into the glorious liberty of the children of God. **22** For we know that the whole creation groans and labors with birth pangs together until now.

Romans 8:18-22

III. What is the purpose of Suffering

A. Suffering reveals a need for purpose

1. Suffering reveals Futility- V.18-20 What is futility- “ the rare word is used in Greek for human nothingness”-TDNT

2. Jesus himself is the ultimate purpose-

a. Jesus is the reason for living- Logos- Jesus has to become your identity

1 In the beginning was the Word, and the Word was with God, and the Word was God. **2** He was in the beginning with God. **3** All things were made through Him, and without Him nothing was made that was made. **4** In Him was life, and the life was the light of men.

John 1:1-3

3. The gospel proclaims purpose-

28 And we know that all things work together for good to those who love God, to those who are the called according to *His* purpose.

Romans 8:28

B. Suffering will come to an end and Justice will be paid-

III. The relief of suffering involves articulating purpose-

A. Counseling people involves articulating the Gospel of Jesus to an individual's heart- Back into the Gospel

1.Helping people deal with their own sin- Propitiation

1My little children, these things I write to you, so that you may not sin. And if anyone sins, we have an Advocate with the Father, Jesus Christ the righteous. **2** And He Himself is the propitiation for our sins, and not for ours only but also for the whole world.

I John 2:1-2

2. Helping people deal with Sin that was committed against them - Expiation

7 But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin.

1 John 1:7

B. Counseling involves looking forward

1. Suffering involves a future hope

3 Blessed *be* the God and Father of our Lord Jesus Christ, who according to His abundant mercy has begotten us again to a living hope through the resurrection of Jesus Christ from the dead, **4** to an inheritance incorruptible and undefiled and that does not fade away, reserved in heaven for you,

I Peter 3:3-4

2. The gospel involves looking to Jesus an example of suffering

12 Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares *us*, and let us run with endurance the race that is set before us, **2** looking unto Jesus, the author and finisher of *our* faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

Hebrews 12:1-2

C. Counseling involves trusting Christ-

1. We are to commit ourselves to God and his purpose

21 For to this you were called, because Christ also suffered for us, leaving us an example, that you should follow His steps: **22** "Who committed no sin, Nor was deceit found in His mouth"; **23** who, when He was reviled, did

not revile in return; when He suffered, He did not threaten, but committed *Himself* to Him who judges righteously;

I Peter 2: 21-23

Example: Jesus in the Garden, Joseph

20 But as for you, you meant evil against me; *but* God meant it for good, in order to bring it about as *it is* this day, to save many people alive.

Genesis 50:20

IV. Effective counseling involves

- A. Listening and taking notes
- B. Praying how the Gospel applies to them
- C. Showing the Gospel and how it relates to them