

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

5 Guidelines for counseling situations

1. The Word

2. Prayer

3. Listening

4. Jesus (The Gospel)

5. Proper Expectation

The Gospel

Romans Road clearly defines:

1. Who needs salvation.
2. Why we need salvation.
3. How God provides salvation.
4. How we receive salvation.
5. The results of salvation.

Romans Road of Salvation

1. Everyone needs salvation because we have all sinned.

Romans 3:10-12, and 23

As the Scriptures say, "No one is righteous—not even one. No one is truly wise; no one is seeking God. All have turned away; all have become useless. No one does good, not a single one." ... For everyone has sinned; we all fall short of God's glorious standard. [\(NLT\)](#)

2. The price (or consequence) of sin is death.

Romans 6:23

For the wages of sin is death, but the free gift of God is eternal life through Christ Jesus our Lord. [\(NLT\)](#)

3. [Jesus Christ](#) died for our sins. He paid the price for our death.

Romans 5:8

But God showed his great love for us by sending Christ to die for us while we were still sinners. [\(NLT\)](#)

4. We receive salvation and eternal life through faith in Jesus Christ.

Romans 10:9-10, and 13

If you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For it is by believing in your heart that you are made right with God, and it is by confessing with your mouth that you are saved ... For "Everyone who calls on the name of the Lord will be saved." [\(NLT\)](#)

5. Salvation through Jesus Christ brings us into a relationship of peace with God.

Romans 5:1

Therefore, since we have been made right in God's sight by faith, we have peace with God because of what Jesus Christ our Lord has done for us. [\(NLT\)](#)

Romans 8:1

So now there is no condemnation for those who belong to Christ Jesus. [\(NLT\)](#)

Romans 8:38-39

And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord. [\(NLT\)](#)

Guidelines for the Counseling Situation

Tom Teel, 4-Step Question Method of Counseling

--"How's your walk with Jesus?"

--"Are you reading your Bible?"

--"How often do you pray?"

--"Do you belong to a small group?"

Now, what do you think happened whenever they said no to any of my questions: You guessed it. "If you start doing x, things will go better."

Here's why I abandoned the method:

--Following steps, rules, whatever you want to call it, is not enough to see people get set free.

--Were the Pharisees good at following rules? Well, how close were they to God

--Are non-believers good at following rules? I would argue yes. Most don't have criminal records. Most pay their taxes. Most work and keep their jobs

I now try to move people to a relationship, instead of steps or rules. So with that, I want to give you a few guidelines that help me, and I hope help you as well:

Five Guidelines: Say the 5. Let's look at them 1 at a time

- 1. The Word of God**
- 2. Prayer**
- 3. Listening**
- 4. Jesus (The Gospel)**
- 5. Expectation**

1. The Word and personal transformation

--You and I will be of little use unless Scripture is routinely transforming our lives

--Joshua 1:8

Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

Here's what meditate means:

1. to moan or growl
2. to muse
3. to devise or plot
4. to speak

This meditation, digging deep into God's word must happen routinely, and it should happen when you know ahead of time about the subject of an upcoming counseling session.

2. Prayer

--For Myself

--Here's what I'm confident of; I don't have the answers, I have to continually ask God for help

--During the listening phase, asking God to keep me steady

--Show me what you see, Lord

---For the person I'm speaking with

--Open their eyes, to hear from your word and see

--Use a prayer partner, contact and cover

3. Listening

James 1:19 – Great precept

My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry,

-- One fifth of proverbs can be summed up like this:

Shhhhhh

--Use it in Security

--Builds trust

--Might reveal common ground or areas you may struggle with yourself

--Gives much deeper insight

--Gasses them out?

Insert Beths story here (Jane Doe)

4. Jesus (The Gospel)

--It's the message that will set people free, whether non-believers or believers. *"Its not just for breakfast anymore"*

--Because it's so misunderstood, I try not to ask questions like, "Have you asked Jesus Christ into your life." America is very culturally aware of the name of Jesus.

--Take them into the word

--Show them how God views them

--Show them how God views His Son

As for believers,

--Take them into the word, showing them an element of Jesus's life, death and resurrection that will help them through whatever they're struggling with

--Say a person comes dealing with worrying, I might take them to the Garden scene, show them how

Jesus handled this and then show them that he prayed for them

--Struggling with unforgiveness/ Colossians 3:12-13
the maybe 2 Corinthians 10:4

I really try now to give truth before I venture into any technique. Without Jesus Techniques have a sneaky way of turning into rules.

Expectation

--Go in believing the session will be successful. Remember that passage from Isaiah, "the spirit of the Lord is upon me"

--Let me ask you a question: "What do you believe a successful counseling session looks like?"

--Here's my thinking:

--To help people to know Jesus, this is evangelism

--To help people know Jesus better, this is discipleship

--Expect that He will answer my prayers, and give me wisdom when I request it

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