

## 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

## **Chapter 12-14 Foundations**

We have Foundational and Non foundational truth in the word. Foundational: All of the Christian life is to be built on them. Central! Non foundational: true, but general & only applies at times or to certain people.

**Foundation Truths: Identification with Christ, Who we are in Christ and Renewing the mind.**

**I. Understand our condition** Romans 5:12-14

**Basic theology-**

*Pg. 207 -God Created people to be alive in their spirits, able to relate and respond to Him as Adam and Eve did before their sinful rebellion. This spiritual life was to be expressed through the soul of man, through his mind and emotions and will, through his personality. This immaterial reality of human experience was to reside in a physical body that did what it was told to do.*

Adam gave rise to a race of rebel sinners who, at their core were designed to worship, begin to serve/worship the created self rather than the creator.

CRITICAL TO UNDERSTANDING HUMAN CONDITION: Man's behavior is a symptom of the problem. All our human condition issues are a result of being "in Adam" and not "in Christ":

**Man's problem**

1. nature is bad. His nature is against him; Sin has a dominate position
2. "god of this world". (2 Cor. 4:4 has blinded and is a corrupting force)

Understand the Condition: Man has a disease and his profound need is have this body of sin removed from its dominating position.

**II. Understand the Prescription:** Romans 5:15-17

**III. Understand our Position:**

Romans 6:5-11 when it says Reckon/count/consider in v 11 it means **understand your position**. The old self who could not please God died, a reordering took place when the spiritual man was reborn and positionally we are freed from sin and I am under grace.

#### IV. Understand our Appropriation- Romans 7

Step 1-Romans 7:24 Humble yourself and recognize your inadequacy to act as your own deliverer.

Step 2- Romans 7:25 Deal radically with the independent self-life.

Step 3- Romans 8:1 Grab a hold of grace! Override feelings by fact: There is no condemnation if you are IN Christ! Know that you are delivered from the power and penalty of sin because the word says so.

Step 4- Daily consciously choosing to walk in the spirit Romans 8:2; 5-6

Step 5 - Understanding the truth of Romans 5-8 is a paradigm shift. Our sin influenced flesh organ of the brain and body has ingrained habits and memories.

Two elements:

- a. Not being conformed to the pattern of the world Romans 12:2
  - a. Own bad thinking: Many Christians do not have victory because they are living by their own wits. Their confidence is in themselves and in their old way of thinking.
  - b. Effects of a world set on **influencing** you: Media; friends, family.
- b. Be transformed by the renewing of your mind

But how? The renewing mind occurs as you live on the altar of God. Romans 12:1 -acknowledging you are no longer your own.

*Religion sacrifice for mercy, Christians sacrifice because they have mercy.*

#### V. Understand our Application

Counseling = Discipleship. Foundational truths take care of a whole host of issues. People must understand Identity. Outside of Christ, it is rooted in self. Psychology aims to focus on the "What" we can do to get out of the mess instead of focusing on the "who".