

Every Christian A Counselor

- A. God is saving ***souls*** from the power, penalty, and soon the presence of sin (Ephesians 2:1-10, Colossians 1:12-14).
- B. God is maturing ***Saints*** into the image of Jesus Christ (2Corinthians 3:18, Romans 8:29-30).
- C. God is using the ***Church*** through evangelism to save souls (2Corinthians 5:18-20, Colossians 1:3-6).
- D. God is using the ***Church*** through discipleship to mature saints into the image of Christ(Matthew 28:18-20, Ephesians 4:11-15).
- E. Biblical Counseling is an ***avenue*** whereby evangelism and discipleship can take place resulting in God using it to save a soul from the power, penalty and soon presence of sin and maturing saints into the image of Jesus Christ. Therefore every Christian should be a counselor!
- F. All Biblical Counseling should be built around three key ***objectives***:
1. To lead a person into ***salvation*** (2Corinthians 5:11-21).
 2. To lead Christians into ***putting off*** particular sinful habits that keep them from walking in love toward God and others (Galatians 6:1).
 3. To lead Christians into ***putting on*** loving attitudes and actions towards God and others leading them to become like Christ in all things (Ephesians 4:11-32)

G. There are basic categories of life whereby Biblical Counselors are to lead **counselees** through process of putting off particular sinful habits and putting on God-honoring righteous habits.

1. Biblical Counselors are to help counselees look closely at and work hard on having a **thought, attitudes, motives/intentions, and desires** that are pleasing to God as God's Word commands (Romans 12:2-3, 2Corinthian 10:3-5, 1 Corinthians 4:5, Proverbs 16:2, Colossians 3:1-5).
2. Biblical Counselors are to help counselees look closely at work hard on **communicating** in ways that are honest and edifying to others as God's Word commands (Ephesians 4:29).
3. Biblical Counselors are to help counselees look closely at and work hard on walking in **behavior** that is consistent with Christ's Character as God's Word commands (Ephesians 4:17-32, 5:1-17, Galatians 5:16-26).
4. Biblical Counselors are to help counselees look closely at and work hard on **relating** to others in ways that demonstrate the love of Christ as God's Word commands (Romans 12: 9-21, 13:8-12).
5. Biblical Counselors are to help counselees look closely at and work hard on **servicing** others in ways that will bear their burdens and meet their needs as God's Word commands (Ephesians 4:11-16, 1Peter 4:10-11).

H. There are **six phases** that one goes through when genuine change takes place.

1. **Realization Phase**- One comes to see truth and understand how it applies to their life (2Timothy 2:24-26).
2. **Remorse Phase**- One comes to feel godly sorrow in relation to their sin and desire to make things right with God and others accordingly.(2 Corinthians 7:10).
3. **Renounce Phase**- One comes to confess their sin to God and to others when appropriate (Psalm 32:1-11, James 5:16).

4. **Repentance Phase**- One comes to turn away from their sin towards God and towards others accordingly (Proverbs 28:13, 2Corinthians 7:10-11).

5. **Renewal Phase**- One comes to meditate on the truth so that he/she may learn the new direction by which he/she is to obey God and love others accordingly (Ephesians 4:17-23).

6. **Replacement Phase**- One comes to obey God and love others in the area where he /she has disobeyed God and been unloving towards others (Ephesians 4:17-23).

I. Each **phase of change** is worked out through **stages of spiritual growth**. As God is working inside of individuals (Philippians 2:12), they respond accordingly (Philippians 2:13). Here is an example of how it works (2Timothy 3:16-17):

1. Teaching Stage: The Holy Spirit guides, convicts and enlightens your mind through the Word of God, the Body of Christ, circumstances, and prayer (John 16:8-13, 1Corinthians 2:9-12, Hebrews 4:12, 1John 4:4-6, 1Peter 4:12-13, Romans 8:26-27). (Realization Phase occurs as a result.)

2. Conviction Stage: God begins to focus your attention in particular areas of life convincing you that change is necessary. (Phil. 3:14-15, 2Cor. 7:10-11). (Realization Phase and Remorse Phase occurs as a result.)

3. Correction Stage: You make a decision to abandon a sin issue and begin a new thought, word, or action trusting God's power to make things function accordingly (2Corinthians 7:10-11, Proverbs 28:13-14). (Renounce Phase and Repentance Phase occurs as a result.)

4. Training Stage: As you are responding to God's conviction you are seeking to put to practice what God has commanded in His Word.

a. By the power of God you are walking in harmony with God in areas where you were once disobedient.

- b. You are experiencing victory: a deeper fellowship with God and with others (2Peter 1:1-11, Proverbs 12:13, 24:16, John 8:31-32, Luke 8:4-18, Ephesians 4:11-13, 1John 3:1-3).
(Renewal Phase and Replacement Phase occurs as a result.)
- J. There are several key concepts to teach within the counseling process to help counselees through each phase and stage of change.
1. **The Gospel** – The Person and work of Jesus Christ for sins and salvation of mankind.
 2. **What I Can and Cannot Control**- We cannot control people and outcome of situations, We can control our own thoughts, motives, desires, words, will; Therefore, our choices reveal either our love for God and love for others or our selfish ambition with people and circumstances.
 3. **The Two Choice in Life**- There are only two choices in life; We are either God-centered or self-centered; Our choices reveal our thoughts; Our thoughts are motivated by indwelling sin or by the Holy Spirit; When our thoughts are motivated by indwelling sin we worship our desires turning them into lusts of our lives and we look to people, places, products, perspectives to satisfy them turning them into idols we use to satisfy our lustful desires.
 4. **Idolatrous Lust**- Something you bow down to that you believe will bring you what you truly treasure while making what you truly treasure something you bow down to in place of the living God. The **avenues** we pursue and bow down to in the form of worship (Idols) along with these **treasures** we bow down to in the form of worship (Lusts) make up the idolatrous lust in our lives.
 5. **The Cycle of Relationships**- When we walk in pride we relate to people according to our picture, preferences, and presumptions leading to pain in our hearts and the practice of treating people in unloving ways ; When we walk in humility we relate to people according to their position before God and others, the priority of God for others, and the precept of God for others resulting in peace in our hearts and the practice of love towards others.
 6. **The Four Kinds of Human Relationships**- Understanding what it means to be open and unloving, closed and loving, open and loving, closed and unloving.

7. **Biblical View of Love**- Understanding what it means to love according to 1 Corinthians 13:1-8.

8. **Living by Purpose**-Understanding and developing a Christ-Centered life.

9. **Conflict Resolution**- Understanding why conflict exist and how to resolve it from addressing heart issues instead of just dealing with behavior.

10. **The Biblical Framework**- Understanding what happens to man in his heart when he chooses to sin and when he chooses to live righteously.

11. **Immaterial Pain Vs Material Pain** – Understanding that all pain is not the same. Some pain is the result of issues going in within the immaterial heart of man (Soul/Spirit). Some pain is the result of material issues (physical body). Some pain in the physical body happens as a result of pain of the immaterial heart. Deal with physical pain according to medication and all that the medical world can provide. Deal with immaterial pain according to the Messiah and all He has to provide. Do not confuse the two.

- K. There are **six** key categories of homework that can be given to guide counselees into the process of change according to each phase and stage. This is to lead them into escaping the corruption of their flesh, the world and the devil unto spiritual maturity in Jesus Christ:
 1. **Hope Homework** – projects, activities and reading assignments given to help people gain a true hope in Christ in accordance to the problems they are facing (Used in all stages of spiritual growth)

 2. **Doctrinal Homework** – projects, activities, and reading assignments given to help people gain a solid theological understanding of their problems so that they can deal with them properly(Used to lead people into the Teaching Stage of spiritual growth)

 3. **Awareness Homework** – projects, activities, and reading assignments given to help people become aware of their own sinfulness in the problem so that they can stop deceiving themselves about the problem they are facing and own up to it accordingly (Used to lead people into the Conviction Stage of spiritual growth)

4. ***Embracing God Homework*** – projects, activities, and reading assignments given to help people to connect with God according to a particular characteristic of God that relates to their problem or sin (Used to lead people into the Correction and Training Stage of spiritual growth)

5. ***Action Oriented Homework*** – projects and activities that lead people to put off particular sinful thoughts, desires, conversations, behavior, and lifestyle and to put on particular godly thoughts, desires, conversations, behavior, and lifestyle according to the situation or problem (Used to lead people into the Correction and Training Stage of Spiritual growth)

6. ***Relational Oriented Homework*** – projects and activities that lead people to put off unloving relational patterns and move them to relate in open and loving relational patterns towards others within the situation or problem and abroad (Used to lead people into the Correction and Training Stage of spiritual growth)

(Portions of this information was adapted from *Instruments in a Redeemer's Hand* by Paul Tripp)

- L. As a counselor determines the category of homework to be given, he can use various ***methods*** of implementation to help move counselees through each phase and stage resulting in escaping the corruption of their flesh, the world and the devil unto spiritual maturity in Jesus Christ. Some of those methods of implementation are:
1. ***Scripture reading*** – leading the counselee into seeing and discovering the reality of God's Word in accordance to their problem; to lead them into a consistent pattern of reading and studying God's Word to understand the nature of it and to live by the content in it in order that they may know God intimately and to be useful to Him practically (Concept adapted from Randy Patten)

 2. ***Literature reading*** – leading the counselee into reading various biblical literature that shows them how to evaluate and address the problem from God's standpoint in a comprehensive manner so that they may turn from it and walk in obedience to God accordingly (Concept adapted from Randy Patten)

 3. ***Scripture Memorization*** – leading the counselee into memorizing Scripture so that they may be transformed in their thinking and turn away from sin unto living as God has commanded (Concept adapted from Randy Patten)

4. **Prayer** – leading the counselee into the process of prayer so they may learn how to communicate with God in a way that will lead them into genuine fellowship with God; so they may learn how to make request for others and themselves in an appropriate manner (Concept adapted from Randy Patten)

5. **Projects** – activities that lead the counselee into stopping some thought, word or action or leading them into starting some thought, word, or action in relation to God, others, self or circumstances as it relates to the issues brought up in the counseling sessions (Concept adapted from Randy Patten)

6. **Log Lists/Journals** – having the counselee to write down specific thoughts, behaviors, actions or words to evaluate where change has taken place or to see where change needs to take place

7. **Church Participation** – leading the counselee into:
 - **Membership** – the counselee would be led to join a local church that they may experience love and enjoy the blessings of God-honoring relationships .
 - **Maturity** – the counselee would be led to get involved in discipleship courses in a local Church that would lead them into loving God, loving others on a consistent basis and living a life that reflects the character of Christ
 - **Magnification** – the counselee would be led to come to appreciate, value and adore the character of God through heart-felt genuine worship of Him in a local Church.
 - **Ministry** – the counselee would be led to join a ministry where they can develop in bearing burdens and meeting needs according to the various relationships they will develop through the local Church
 - **Missions** – the counselee would be led into supporting a local Church in sharing and defending the Christian faith

M. Overall, Biblical Counselors are to lead **counselees** into:

1. Gaining a biblical understanding of God and submitting to God’s will accordingly.
2. Gaining a biblical understanding of themselves and submitting to God’s will accordingly.
3. Gaining a biblical understanding of others and submitting to God’s will accordingly.

4. Gaining a biblical understanding of life's situations and circumstances and submitting to God's will accordingly.

N. There are four basic ***kinds of counselees*** you may run into when involved in biblical counseling:

1. Those who ***lack knowledge*** on what to do in the situation. (Don't know what to do in the situation.)
2. Those who ***have knowledge*** but ***lack skill*** on how to apply the knowledge to their situation. (Know what to do but do not know how to do it in relation to the situation.)
3. Those who ***have knowledge*** and ***have skill*** on how to apply the knowledge to their situation but refuse to apply what they know to the situation. (Know what to do and how to do it but refuse to do what they know in the situation.)
4. Those who ***lack knowledge*** and ***lack skill*** on how to apply the knowledge to their situation and are not interested in gaining either. (Don't know what to do in the situation, or how to do it in the situation and are not interested in learning either.)
(Adapted from the various teachings of Jay Adams)

O. A Counselee is ready to be released or graduated from counseling when:

1. The counselee understands their problem from a biblical perspective.
2. The counselee understands the biblical solutions to their problem.
3. The counselee consistently applies the principles to address their problems to put off sin and to put on what is right resulting in living out in practice what they have learned.

P. Given these factors, true biblical counseling (which in essence is evangelism and discipleship) will help people through each phase, stage, and categories of life by the practice of 7 key procedures (1Thessalonians 5:14-24):

1. Commend Submission (1 Thessalonians 5:11). (concept adapted from David Powlison)

- A. Congratulate the person in areas they are seeking to do right thing in relation to the situation.
- B. Complement the person in areas they refused to do the wrong thing in relation to the situation.

2. Console suffering (Romans 12:15).

- A. Connect with the pain of the sufferer.
- B. Consider the peace God can bring to the sufferer.

3. Confront sin (Galatians 6:1).

- A. Call out sin with compassion.
- B. Challenge sin with care.

4. Characterize Sovereign (Colossians 1:28-29). (concept adapted from David Powlison)

- A. Discuss the aspects of God's character that would be appropriate to discuss in relation to the situation.
- B. Dialogue about how those aspects of God's character can be used for warning and teaching the person accordingly in relation to the situation.

5. Communicate salvation (Matthew 28:18-20).

- A. Present the Gospel of Jesus Christ.
- B. Provide the guidance into receiving the Gospel of Jesus Christ.

6. Clarify sanctification (Matthew 28:18-20).

- A. Teach the specific sins that need to be put off and how to do it through the Word of God.
- B. Tutor the specific solutions that need to be put on in place of the specific sins that demonstrate love for God and love for others through the Word of God.

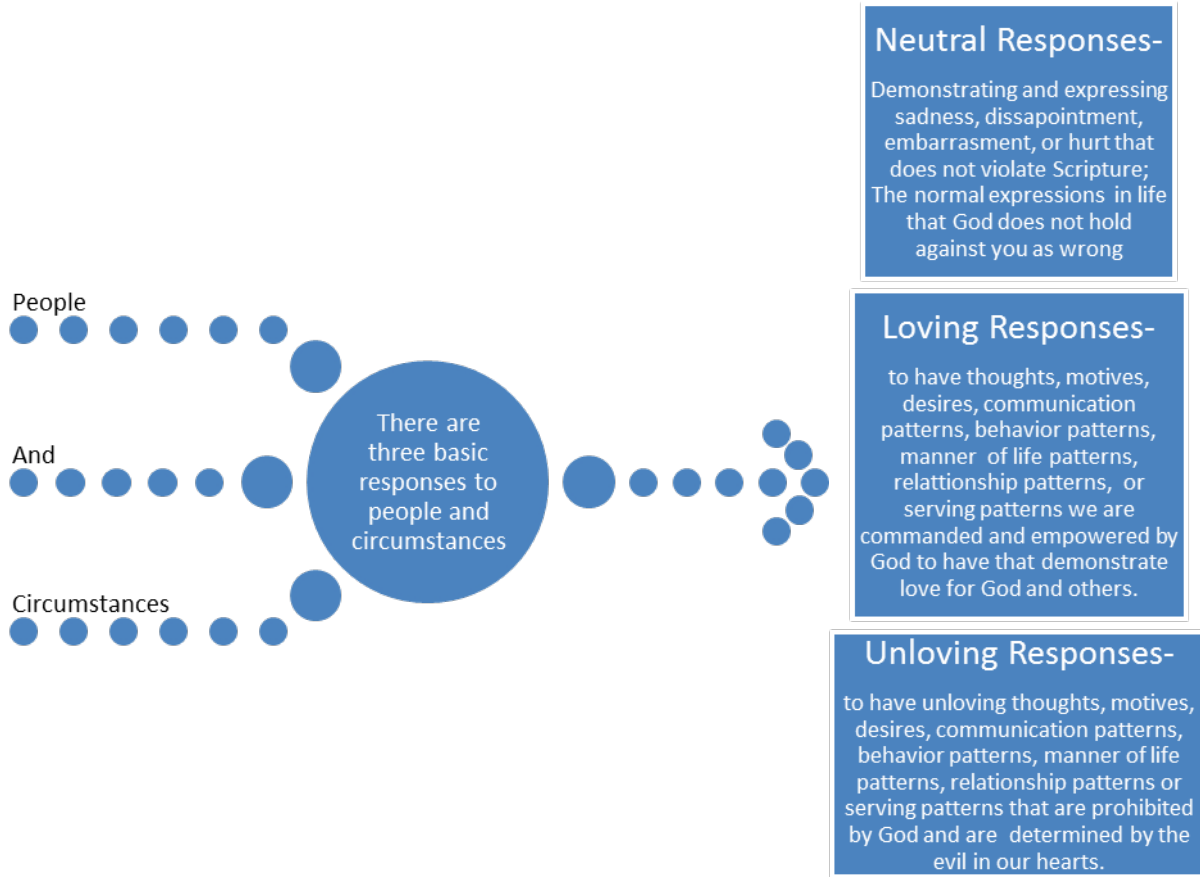
7. Celebrate summation (Philippians 3:13-21).

- A. Promote the promise of the return of Jesus Christ.
- B. Proclaim the prizes that come with the return of Jesus Christ.

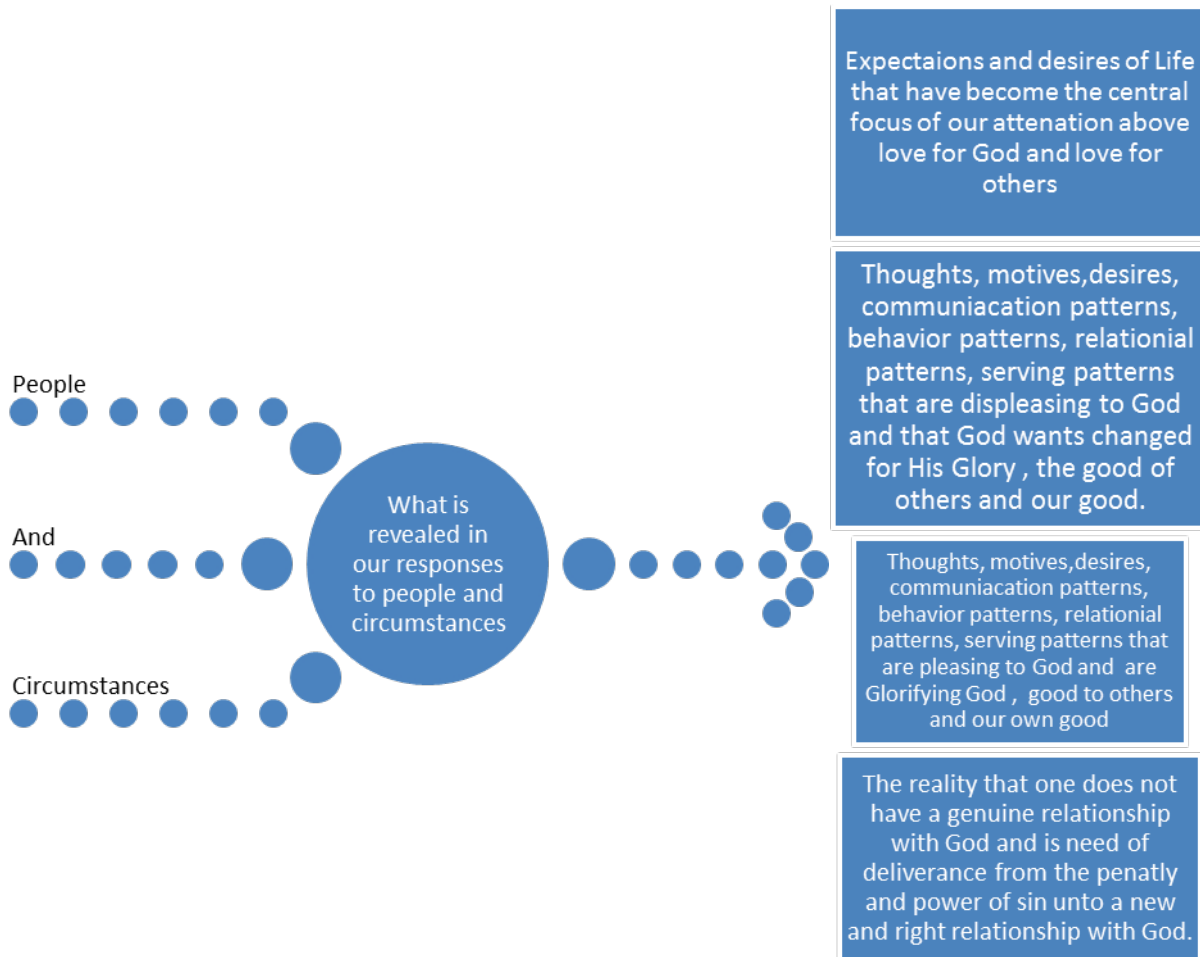
M. Here is a big picture:

The Areas of Change	The Phases of Change	The Stages of Spiritual Growth	Concepts to Teach in the Biblical counseling Sessions	The Homework to help implement Change	The Methods to help implement the homework	The Examples of Implementation of activities	Seven Key Procedures
Thought (Idea)	Realize truth	<i>Teaching Stage- Realize</i> truth	The Gospel/What I Can and Cannot Control	Hope Homework	Scripture Reading	Reading particular Books of the Bible that connect to your issues	Commend Submission
Attitude (Belief System that results from a pattern of Ideas)	Realize and Remorse over our Sin in connection with truth	<i>Conviction Stage- Realize</i> and <i>Remorse</i> over our sin in connection with truth	The Two Choices Concept	Theological Homework	Literature Reading	Reading literature that addresses your issues	Console Suffering
Motives or Intentions/Desires	Renounce our Sin	<i>Correction Stage- Renounce</i> our Sin; <i>Repent</i> of our Sin	Idolatrous Lust/ The Four Kinds of Human Relationships	Awareness Homework	Scripture Memorization	Memorizing and Meditating on Scripture/ Biblical Concepts according to your issues	Confront Sin
Communicational Patterns	Repent of our Sin	<i>Training Stage- Renew</i> our minds; <i>Replace</i> our Sin with the right thing to do in the areas change	Biblical View of Love/Living by Purpose	Embracing God Homework	Prayer	Writing out Log list, or journals to evaluate yourself or your progress	Characterize Sovereign
Behavioral and Relational Patterns	Renew our Minds		Conflict Resolution	Action Oriented Homework	Projects	Communicating certain things to God or people on a regular basis	Communicate Salvation
Service for God and Others	Replace our Sin with the right thing to do in the areas of change		Biblical Framework	Relation Oriented Homework	Log List/ Journals/ Church Participation	Practicing certain attitudes, actions or behaviors towards God, others , and in situations/ Getting involved in particular aspects of Church life to enhance growth in Christ	Clarify Sanctification/ Celebrate Summation

The Three Basic Responses to People and Circumstances



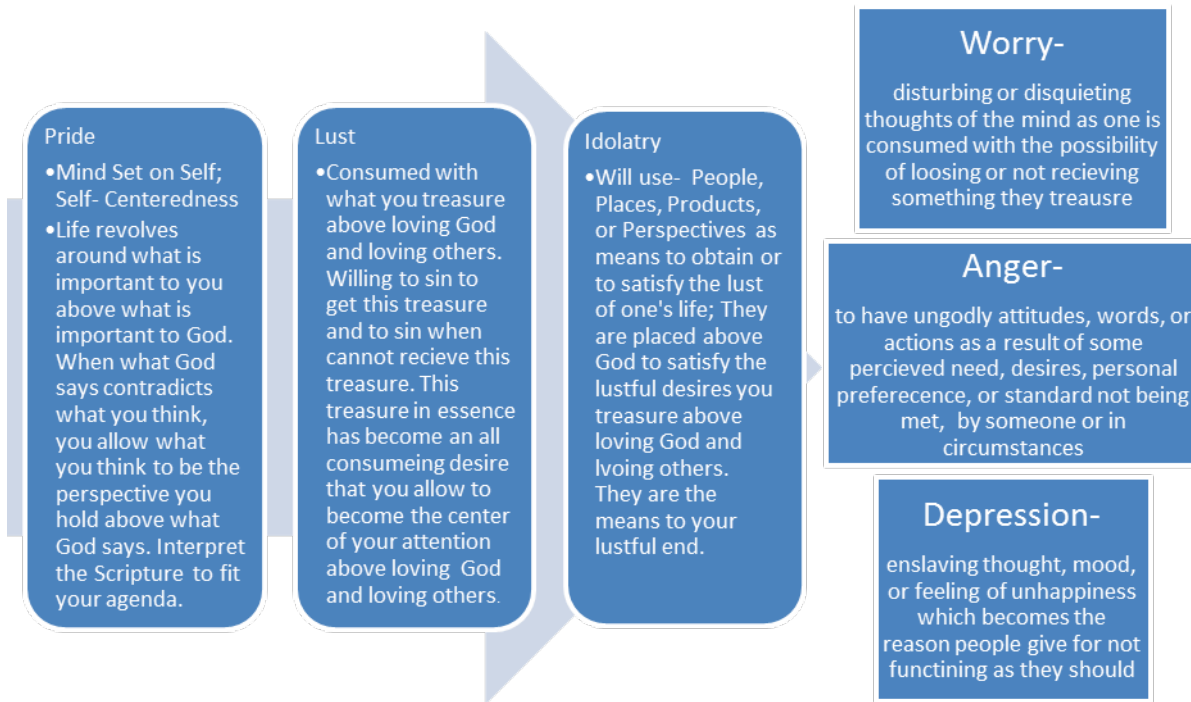
Four Key Issues Revealed in Our Responses to People and Circumstances





We cannot control people or the outcome of situations (Ecclesiastes 3:1-11, 7:13-14, 9:1-2.) We can only control our own thoughts, emotions, desires, words, and actions. (Romans 12:2-3, Proverbs 16:32, Psalm 37:4, Ephesians 4:29, 22-24) Therefore, we need to evaluate and take responsibility for how we are responding to people and the outcome of situations. (Galatians 6:7-8, 5:16-25) We need to evaluate what is motivating us with people and the outcome of situations. (James 1:13-14, 3:13-16, 4:1-3). Are we motivated by love for God above our selfish desires? Or, are we motivated by our selfish desires above love for God? (1John 2:15-16, James 4:4, James 3:16)

Looking at Some Central Heart Issues



As you walk in pride, you will be consumed with lust. As you are consumed with lust you will seek idols to satisfy your lustful desires. When the idols seemingly are not going to follow through your expectation to satisfy your lustful desires you may begin to worry. When the idols do not follow through on your expectation to satisfy your lustful desires you may fall into anger. All of this worry and anger could possibly lead you to depression. As you listen and talk with people evaluate how you are responding to other people and circumstances. Listen to the dominating topics of conversation to determine what you tend to treasure, dislike, worry about, get angry about. Learn the people, places, products, and perspectives you tend to discuss the most and why. Listen to see if your primary conversations are driven by discussions of yourself or others things more important than yourself. Identify who or what tends to lead you to react in happiness or sadness.