



Biblical Counseling Class

Presented by

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I. The Counselee and Change

1. Scripture Speaks
2. Two Types of Change
 - a. Secular (Worldly)
 - b. Godly (Spiritual / Character)

II. The Counseling Session

1. Key Elements
2. Conducting the Session

III. THE COUNSELEE AND CHANGE

A. SCRIPTURE SPEAKS!!!

The Word of God consistently directs and encourages God's people to change. A few examples are:

Psalm 51:1-17 Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. (2) Wash away all my iniquity and cleanse me from my sin. (3) For I know my transgressions, and my sin is always before me. (4) Against you, you only, have I sinned and done what is evil in your sight, so that you are proved right when you speak and justified when you judge. (5) Surely I was sinful at birth, sinful from the time my mother conceived me. (6) Surely you desire truth in the inner parts; you teach me wisdom in the inmost place. (7) Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow. (8) Let me hear joy and gladness; let the bones you have crushed rejoice. (9) Hide your face from my sins and blot out all my iniquity. (10) Create in me a pure heart, O God, and renew a steadfast spirit within me. (11) Do not cast me from your presence or take your Holy Spirit from me. (12) Restore to me the joy of your salvation and grant me a willing spirit, to sustain me. (13) Then I will teach transgressors your ways, and sinners will turn back to you. (14) Save me from bloodguilt, O God, the God who saves me, and my tongue will sing of your righteousness. (15) O Lord, open my lips, and my mouth will declare your praise. (16) You do not delight in sacrifice, or I would bring it; you do not take pleasure in burnt offerings. (17) The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise.

Jeremiah 7:1-8 This is the word that came to Jeremiah from the LORD: (2) Stand at the gate of the LORD's house and there proclaim this message: "Hear the word of the LORD, all you people of Judah who come through these gates to worship the LORD. (3) This is what the LORD Almighty, the God of Israel, says: Reform your ways and your actions, and I will let you live in this place. (4) Do not trust in deceptive words and say, "This is the temple of the LORD, the temple of the LORD, the temple of the LORD!" (5) If you really change your ways and your actions and deal with each other justly, (6) if you do not oppress the alien, the fatherless or the widow and do not shed innocent blood in this place, and if you do not follow other gods to your own harm, (7) then I will let you live in this place, in the land I gave your forefathers for ever and ever. (8) But look, you are trusting in deceptive words that are worthless."

Ephesians 4:22-24 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; (23) to be made new in the attitude of your minds; (24) and to put on the new self, created to be like God in true righteousness and holiness.

Matthew 18:1-4 At that time the disciples came to Jesus and asked, "Who is the greatest in the kingdom of heaven?" (2) He called a little child and had him stand among them. (3) And he said: "I tell you the truth, unless you change and become like little children, you will never enter the kingdom of heaven. (4) Therefore, whoever humbles himself like this child is the greatest in the kingdom of heaven.

2 Corinthians 4:16-18 Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. (17) For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. (18) So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.

B. TWO TYPES OF CHANGE: SECULAR VS. GODLY!!!

1. Secular Change: (1 John 2:15-17; Romans 12:1-2)

1. Pertains to the world. (Worldly)
2. Pertains to this present life. (Temporal)
3. Not under the control of the Church. (Civil)
4. Not concerned with religion.
5. Simplistic. . . Ignores underlying details.
6. Superficial. . . Affects only the surface.
7. Unsubstantial. . . Lacks a valid basis.
8. Teaches people to rely on self.
9. Teaches people to rely on other men.
10. Ignores God.
11. Minimally modifies a person's behavior.
12. Produces outward social results.
13. Produces external changes that do not follow an internal change of heart toward God.
14. Always moves a person further away from the Lord.
15. Creates a self-righteous person.
16. Is often based on modern day philosophy.
17. Creates a self-satisfied person who may someday return to his habit (Sin).
18. Is eternally unacceptable to God.

2. Godly Change: (Romans 8:5-17)

1. Filled with reverence and love for God.
2. Biblically based. (Follows God's Word)
3. Substantial. . . Of real worth.
4. Produces an inward change of heart.
5. Allows the Holy Spirit to alter the Heart.
6. Produces steady growth leading to spiritual maturity.
7. Produces a heart transformed by God.
8. Is motivated by a great love toward God.
9. Has a goal. . . Sanctification.
10. Is brought about by the ministry of the Word.
11. Significant. . . Expresses deep meaning (Purpose).
12. Glorifies God.
13. Is blessed by the Spirit of God.
14. Is directed toward Godliness.
15. Is achieved by the Holy Spirit.
16. Produces righteous change which comes from Christ.
17. Creates a Christian whose thinking, attitudes, and actions reflect his relationship with the Lord.
18. Is entirely acceptable to God.

II. THE COUNSELING SESSION

It is true that the only person we can change is our self. In order to change, a counselee must:

1. see the need to change
2. have a model for change
3. make a commitment to change.

In Biblical Counseling, the Counselor, under the guidance of the Holy Spirit, provides an opportunity for the Counselee to move in the direction of change. Where does this happen?

Usually in the Counseling session.

In the Counseling session the Counselee experiences the Biblical Counseling process. The wise and loving Biblical Counselor will seek God's guidance in allowing the process of Biblical Counseling to unfold for each "unique" Counselee and session. The following list is provided as a guide to assist the Counselor in conducting sessions. The list is not meant to be complete, yet, when these areas are evident in a Counseling session (and dealt with effectively), the Counselee can be ministered to and begin moving toward greater spiritual maturity.

Key Elements in the Biblical Counseling Session Include:

1. **Investigation.** Inventory taking - just the facts.
 - A. Define the problem. Truth is a necessity. Zechariah 8:16-17
 - B. Clarify with questions. What, when, why, where, how?

2. **Interpretation.** God is Infinite and Holy. We need to see things as He does.
 - A. The Counselee is encouraged to understand things as God does and not as the world does. Romans 12: 1-2
 - B. Trust God's evaluation. Proverbs 3:5-8

3. **Involvement.** Build hope. Be Biblically involved with Christlike responses.
 - A. Not just empathy but compassion. Matthew 9:35-36
 - B. Give the Counselee the dignity of being taken seriously. 1 Corinthians 13:7

4. **Instruction.** Not human reason or persuasion. What is God's thought(s) on this subject?
 - A. The Counselee must understand what God wants him to be and to do. Galatians 5:16-26
 - B. Challenge the Counselee with the need for a commitment to change. Romans 6:6-7

5. **Implementation.** The Counseling sessions are not ends in and of themselves.
 - A. Holiness (change) must be a lifestyle. The change is to be total in scope (external) and total in depth (internal). 2 Corinthians 5:17
 - B. Biblical Counseling (the counseling session) is a success only when the person consistently is acting like Christ. Ephesians 4:11-15

III. CONDUCTING THE BIBLICAL COUNSELING SESSION

1. The opening prayer. (Alternatives)
2. Establish the atmosphere. (Mood)
3. The Counselor clarifies the time. (How long)
4. The Counselee verbalizes his problem, need, concern, etc.
5. The Counselor observes, watches their expressions, gestures, and takes notes.
6. Through a process of dialogue, "major" issues must be brought forth:
 - A. Their point of crisis.
 - B. Their pain.
 - C. Their past as it applies to their situation.
 - D. Are they born again?
 - E. How is the Lord working in their lives?
 - F. Do they recognize their problems as sin?
 - G. Are they willing to see their problem in the light of Scripture?
 - H. Their prayer life?
 - I. Their study life?
 - J. Their church life?
 - K. Issues of forgiveness/unforgiveness.
 - L. Their values.
 - M. Their unmet needs.
 - N. Their perception of life.
 - O. Specific issues are brought forth, etc., etc., etc...
7. Approximately halfway through the session the Counselor begins to lead the session.
8. The Counselor begins to teach, correct, and train in righteousness as the Holy Spirit convicts the heart of the Counselee.

9. Among the alternatives, a Counselor's choices are:
 - A. Deal with "root" problems.
 - B. Teach on key issues:
 1. Renewing the mind.
 2. Sanctification.
 3. The work of the Holy Spirit.
 4. Sin - repentance.
 5. Eternal life.
 6. Forgiveness.
 - C. Provide biblical solutions. (Chapter and Verse)
 - D. Clarify . . . Does the Counselee see his problem in light of the Scriptures?
 - E. Provide hope.
 - F. Redefine issues.
 - G. Ask appropriate questions.
10. An effective close!!!
11. Proper homework!!!
12. The closing prayer!!!

IV. Role Playing