

STUDENT HANDOUT

Modular Intensive Training – 101

BC Fundamentals Training

Lessons 1 - 6




***Certified Fundamentals Training for ACBC,
FBC, and IABC Certifications***

Student Instructions: Take notes for credit and present them to your Training Center Director. Follow the Check List or Syllabus for further.

Additional homework for Fundamentals Training:

1. Lessons 1 – 8 of the Self-Confrontation Manual
2. Read and write a book summary of Competent to Counsel – Adams
3. Read attachments (Articles) of this Module.




FUNDAMENTALS
OF BIBLICAL COUNSELING Module 101

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Modular Intensive Training – 101
BC Fundamentals Training
Lessons 1 - 6

TIMBERLAKE BIBLICAL COUNSELING & TRAINING CENTER
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FUNDAMENTALS
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Session – 1
Introduction to Biblical
Counseling


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Announcements/Housekeeping:

1. Restrooms are down the hall
2. Handouts for each lesson will be provided before each lecture.
3. We will start at 8:30 am tomorrow and **bring a lunch** because we only have 30 minutes to eat before we reconvene.
4. This is a fundamentals class, and we won't cover counseling issues and theories exhaustively.

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TRAINER, FUNDAMENTALS OF COUNSELING & PASTORAL CARE
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Announcements/Housekeeping:

5. This may be for *discipleship only* for many. No homework or completing the syllabus requirements if that is you.
6. Take notes on important points and you will leave with a few important Truths or principles that will help you understand the importance of the sufficiency of Scripture.
7. I will move through the points that may be redundant or not helpful at this point.



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SENIOR DIRECTOR OF DISCIPLESHIP
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What is Biblical Counseling – (Vid)

Dr. Heath Lambert



5

What is Biblical Counseling –

Dr. Paul Tripp



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What is Biblical Counseling? (ACBC)

1 - Biblical counselors affirm the value and usefulness of the entirety of God's revelation, including general and special revelation. General revelation is a display of the goodness and power of God in the things he has made. The divine self-disclosure in general revelation leads to condemnation, rather than salvation (Rom 1:18-32).



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What is Biblical Counseling? (ACBC)

2 - Special revelation is recorded exclusively and completely in the Scriptures. It is an inspired, inerrant, authoritative, and sufficient rule for all of life and faith. Because counseling concerns are matters of life and faith before God, Scripture is an inspired, inerrant, authoritative, and sufficient rule for the presuppositions, principles, and practices of counseling (2 Pet 1:3-21).



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What is Biblical Counseling? (Faith Church)

"Biblical Counseling is the process where the Bible, God's Word, is related individually to a person or persons who are struggling under the weight of personal sin and/or the difficulties with suffering, so that he or she might genuinely change in the inner person to be pleasing to God." (*Faith Biblical Counseling*)



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What we believe about Biblical Counseling?
(TBC&TC)

First, we believe that the Bible, given by God, is sufficient for life in that, when properly interpreted, it reveals to the believer all the data necessary for one to understand his need for Christ, how he can please the Lord, and how to live in a God-honoring way regardless of the circumstances whether comfortable or oppressive.



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Second, the Bible is also the authoritative source with which all truth claims—including claims made by science and history—must be evaluated. As a result, we reject all counseling theories that use presuppositions, principles, and/or methodologies that are inconsistent with the proper interpretation of the biblical text.

Third, we believe that genuine heart change is totally dependent on the ministry of the Holy Spirit. Thus, our view of counseling practice includes the importance of prayer, dependence on God, a thorough knowledge of the Word of God, and an understanding of ministering to people.



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What to expect with this training:

- You will learn the fundamentals of Biblical Counseling in soul-care discipleship (30 hours min.)
- You will receive the required basic training leading to a counseling certification.
- You may experience a *paradigm shift* in typical thinking about “normal” counseling and discipleship philosophies and methodologies.
- You will be provided valuable insights into the fallacies and unbiblical philosophies of psychological models and methods that impede to change process.
- You will sense a growing confidence in being equipped to counsel and disciple one another.



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Qualifications of a Biblical Counselor:

1. A mature believer walking with Christ (Col. 1:9-10; 2:6-7; Hebrews 5:11-14, 12:2; Romans 15:14)
2. Speaking truth in love. Having grace for others. (Eph.4:15; Col.2:2; 1 Cor.2:6, 15)
3. One who is humble and teachable. (Prov.1:5, 15:32, 19:20;
4. Committed membership, attendance, service, and support of a local church, in submission to Pastoral authority. (Romans 12:4-5; 1 Cor.1:2) Acts 2; Eph.3:10; Hebrews 10:25; 1 Pet.5:5; Heb.13:17)



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Introduction to Biblical Counseling**I. Biblical Counseling Philosophy:**

- a. Biblical Counseling is more about God's glory than fixing man's problems.
- b. Biblical Counseling is not designed to eliminate pain & suffering as the main goal. (*Suffering has sanctifying purpose*)
- c. Biblical Counseling is a supernatural venue for Special Revelation (God's Word) to work in the life of God's people. (*Providential work*)
- d. Biblical Counseling is an intensive part of intensive discipleship through intentional Soul-Care.

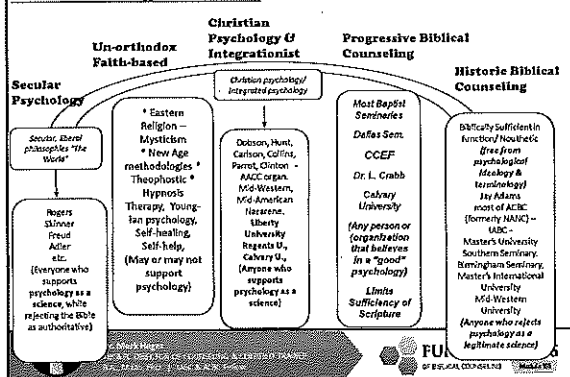


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II. The Scope of Biblical Counseling Today - The Counseling Continuum

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Dangers of unbiblical counseling: *(The enemy of the sufficiency of Scripture)*

Pragmatism

An approach in counseling that assesses the truth of meaning of theories or beliefs in terms of the success of their practical application. (Do what "works" approach)

Eclecticism

As its name indicates, eclectic therapy is a therapeutic approach that incorporates a variety of therapeutic principles and philosophies in order to create the ideal treatment program to meet the specific needs of the patient or client.

Integration-ism

Integrative therapy, or integrative counselling is a combined approach to psychotherapy that brings together different elements of specific therapies. ...Integrative counselling maintains the idea that there are many ways in which human psychology can be explored and understood - no one theory holds the answer.



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IV. What is in the name "Nouthetic"?

Romans 15:14 – (The Greek word commonly used):

Noutheteo, Greek 3560, Strong's (Verb)

- > to put in mind (nous – Greek origin)
- > mild rebuke or warning
- > admonition

Nouthesia, Greek 3559, Strong's (Noun)

- > calling attention to
- > mild rebuke or warning
- > admonition



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Other Scriptures using the transliterated word, "Nouthetic"

- > Colossians 1:28; 3:16
- > 1 Thessalonians 5:11; 5:14
- > Titus 2:3-4
- > Hebrews 5:12, 10:24-25, 12:12-15
- > Jude 1:20-23
- > 2 Thessalonians 3:15-16



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Romans 15:14) *"I myself am satisfied about you, my brothers,[a] that you yourselves are full of goodness, filled with all knowledge and able to instruct one another."*

- > "Full of goodness"
- > "A state or quality of being good"
- > "The best part"
- > "The essence of a thing"
- > "A Fruit of the Spirit (Gal.5:22)"
- > "A virtue (being good)"



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14) *"I myself am satisfied about you, my brothers,[a] that you yourselves are full of goodness, filled with all knowledge and able to instruct one another."*
(Romans 15:14)

- > Complete in Knowledge ("filled with all")
- > "The act of knowing"
- > "Awareness of"
- > "Understanding of"
- > "All that has been perceived or grasped in the mind"

• Implied: Controlled by the Spirit



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14) *"I myself am satisfied about you, my brothers,[a] that you yourselves are full of goodness, filled with all knowledge and able to instruct one another."* (Romans 15:14)

- > "Competent to Instruct ('admonish')
- > Warn; Caution; Teach
- > Reprove mildly
- > Inform or remind (teach)

Implied: Face to face confronting (Opposite of 1 Thess.5:14 – *walking along beside....*)



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• **Attendance and training expectations:**
(Certification (ACBC, IABC, FBC) students only!)

1. The student should attend at least 80% of the classes (All M.I.T. classes) in order to qualified for a diploma in the Fundamentals of Biblical Counseling. (Make up classes for certification requirement before supervision)
2. The student is expected to read the assigned books prior to starting the supervision phase.
 - a. M.I.T. 101: Competent to Counsel & The Self-Confrontation Manual (Lessons 1-6) – Note: See the required reading section of the BC manual.
 - b. M.I.T. 102 & 103: The Theology of Christian Counseling & The Self-Confrontation Manual (Lesson 11-22) – Note: See the required reading section of the BC manual.



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• **Attendance and training expectations:**

3. The student is expected to make application to a biblical counseling organization before the end of M.I.T. 101 - (Member application – see your pastor or instructor for details).
4. The student is expected to bring his or her “counseling” Bible to every training class.
5. The student should understand that historic biblical counseling (Authentic) is part of biblical discipleship and designed to assist in sanctifying followers of Jesus Christ. (Jn.17:17)




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Session – 2
Anthropology & Counseling



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I. Foundation for Discipleship-Counseling is Theology and not Psychology.


A. It's a matter of our Source of Truth: Epistemology

- **Defined:** e-pis-te-mol-o-gy
...the theory (source) of knowledge, especially with regard to its methods, validity, and scope. Epistemology is the investigation of what distinguishes justified belief from opinion.

B. Biblical counseling (intensive discipleship) functions on the foundation of the **total sufficiency** and **absolute authority** of Scripture.

C. Psychology's epistemology (historically) are the **theories** and **speculations** of a man-centered thinking & beliefs.

D. All major theories in Psychological Systems hold to one or more of four (4) Presuppositions:




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1. Atheistic: No Sovereign God
2. Evolutionary: No Sustaining Creator
3. Relativistic: No Authoritative Word
4. Nihilistic: No Personal God
5. Compare to the Biblical position:
"See to it that no one takes you captive through philosophy and empty deception, according to the tradition of men, according to the elementary principles of the world, rather than according to Christ." Col.2:8



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II. Anthropology: two distinct views

A. Scientific Anthropology: a **secular and theoretical** view of man. (man is innocent)

B. Theological Anthropology: a **biblical adamic** view of man. (man is corrupt – Jer. 17:9; Mark 7:20-23)

C. Three Elements of Traditional Anthropology:

1. Origin of Man
2. Nature of Man
3. Future of Man



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D. The relationship between Psychology and Theology in counseling:

1. Secular Psychology says *man is good* (Rogers)
2. Biblical Counseling says *man is corrupt* (Bible)
3. Integration (Christian Psychology) says that *man is both*. (Double-mindedness!)
(In practice, theological perspectives are reserved for the church and not for the counseling office)

E. WARNING! Because the anthropological differences of secular psychology and a theological based biblical counseling are polar opposites, so **INTEGRATION** counseling is harmful to the sanctification process for the authentic "Christian" being counseled.



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F. The relationship between Psychology and the theory that *man is good* (without saving grace) is a heretical theology called **Pelagianism:**

Defined: Pelagianism is the belief that original sin did not taint human nature and that the *mortal will* is still capable of choosing "spiritual" good or evil without special divine aid (grace). (1 Cor. 2:14)



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Counseling point to remember:

> The core discipleship/counseling issue is *not only* having a correct view of God but **embracing a biblical view of man**. (Anthropology does matter!)

Fundamental anthropology debate:

- > It really boils down to "how do you disciple and counsel **"SELF"** in man. (Influence of "Inner-Self")
- > If man is not good on his own, do you really need **Self-esteem or Self-worth** for good "mental health"? *Is he or she really qualified to esteem themselves?*
- > Biblically speaking, we need **SELF-DENIAL** to perpetuate & maximize our sanctification (Luke 9:23)



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IV. The Biblical View of Life

1. The psychologized counselor views life as a **Trichotomy** because of their worldview and to justify their philosophy of counseling.

- * **The Physical** (Body or the Material)
- * **The Spiritual** (The spiritual part of man (life force) that is immaterial.)
- * **The Psychological** (The Mind/Heart/Conscience and the Will of man)

Hebrews 4:12 & 1 Thess. 5:23 - (the language does not separate soul & spirit)



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2. The Biblical Counselor views life as a **Dichotomy**.

- **The Physical** (Body or the Material)
 - **The Spiritual** (Spirit: Heart, Mind, Will, Soul, and Conscience)
- Man was created both with **material** and **immaterial properties**.
- Dr. Ed Welch says, "If it is a body issue (material), it belongs to the medical doctor. If it is a heart issue (immaterial) it belongs to the counselor."



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3. Proverbs 3:1-7

- 1 My son, do not forget my teaching,
but let your heart keep my commandments,
- 2 for length of days and years of life
and peace they will add to you.
- 3 Let not steadfast love and faithfulness forsake you;
bind them around your neck;
write them on the tablet of your heart.
- 4 So you will find favor and good success^a
in the sight of God and man.
- 5 Trust in the LORD with all your heart,
and do not lean on your own understanding.
- 6 In all your ways acknowledge him,
and he will make straight your paths.
- 7 Be not wise in your own eyes;
fear the LORD, and turn away from evil.

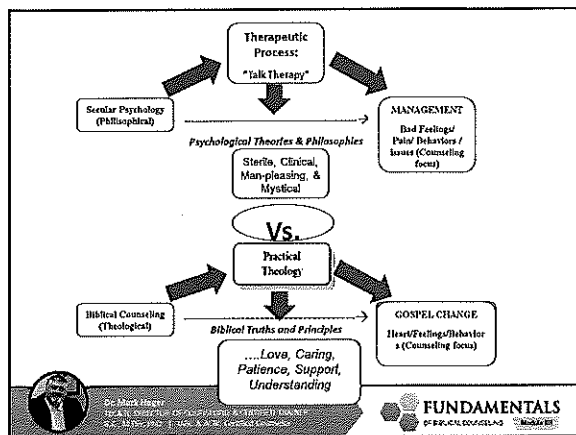


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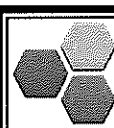


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Module 101

Session – 3

The Gospel and Counseling




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Practicum:

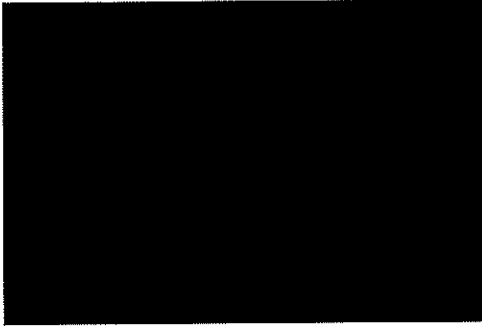
1. *Put your name and date on a sheet of paper.*
2. Write out the gospel according to your own understanding. Use 100 words or less
3. Write below your written gospel, numbers 1 thru 5 (1 2 3 4 5)
4. Save the paper for later.



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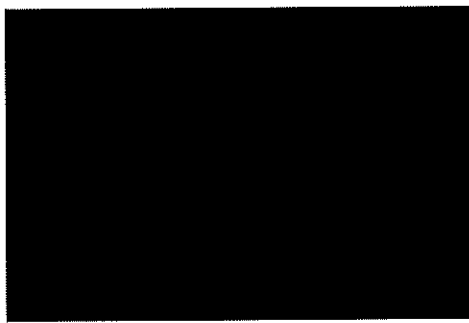
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Paul Washer on the Gospel...



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John Piper on the Gospel...



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John MacArthur on the Gospel...



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Answer these questions honestly:

1. According to your written gospel today, what is your clear goal in sharing the gospel?
2. What responsibility do you have as the counselor, and what responsibility does the counselee have in the gospel message you presented?
3. When was the last time you shared the gospel with anyone? a) *under a year ago*, b) *over a year*, or c) *never*



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4. 1 to 10, how would you rate your comfort level in sharing the gospel with a lost person?
(1 being very uncomfortable and 10 being very comfortable)
5. What do you think differs in sharing the gospel with people in counseling?



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I. Biblical pre-counseling – *the theology of spiritual darkness*

A. Every counseling interview prior to one's saving knowledge of Jesus Christ is a **Pre-counseling interview** – no exception! (Requires Gospel orientation prior to problem solving)

B. 1 Corinthians 2:14 (ESV)

¹⁴ *The natural person does not accept the things of the Spirit of God, for they are folly to him, and he is not able to understand them because they are spiritually discerned.*



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C. Four reasons to justify a biblical model of pre-counseling: (1 Cor. 2:14; Romans 8)

- 1) Lost people are not able to change biblically or obey God's Word – **No spiritual power!**
- 2) Every lost person is a set-up for repeat problems without Spiritual Light – **No sustaining power!**
- 3) The unsaved counselee will remain self-centered regardless of the appearance of success in problem-solving – **No transforming power!**

Point: You are limited in helping people, but you shouldn't expect real change until they are serving the right Master!



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- 4) The counselee, without a saving knowledge of Jesus Christ, cannot and will not please the Lord (Romans 8:7) - regardless of the external changes they make!

- 5) Our greatest responsibility to the lost in counseling is **the gospel** and not fixing their problems!

NOTE: They will be eternally lost even if they are problem free! (Reflection question: Then why biblical counseling if pleasing God is not important?)

- 6) The "religious" that are lost have a form of godliness that denies the power to love unconditionally and give grace to others. They are typically self-centered and self-focused at the core of their life – regardless of their sincerity.



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II. The Proper Gospel – the theology of spiritual light

- A. The gospel is best utilized in a setting of **cooperation** or interest (John 4) – the work is God's!

- 1) You have the counselee's attention by their pain or problems (Providence)
- 2) They came to you for answers and help
- 3) Trust is developed in the counseling setting by **BUILDING INVOLVEMENT**.
- 4) Salvation is the work of the **Holy Spirit** in cooperation with the revealed Gospel.
- 5) Openness to the Gospel is to be observed in steps towards the Christ. (Not decisionism!)



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B. The Gospel must be the focus and the priority of the pre-counseling setting.

- 1) Be concerned and sensitive but don't try to "officially" fix any problems at this point. (*Pain is used by the Lord to wake us up – Theology of Suffering is important to understand – take the time to teach it!*)
- 2) Be prepared & creative in the opportunities to share the complete gospel. (100 ways...)
(You should be able to start a gospel conversation at any entry point of their counseling journey, pain, and problems)



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- 3) Take as many sessions as necessary to share the *elements of the gospel* with the counselee.
- 4) Look for contrition in the counselee before giving grace (*bad news before good news thinking*). (There is a *danger of evangelizing counselees in "pain."* They will do anything for you!)
- 5) Use the *Parallel Counseling Principle* to help them understand the process of investing in their faith while they properly respond to their pain. (Illustrate Visual Theology)



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C. The gospel must be presented for regeneration & transformation – not just profession! (Matt. 13:1-18 – Parable of the Sower)

- 1) Know the difference between the "happiness gospel, or oversimplified gospel" and the genuine Biblical Gospel.
 - 2) *False converts* usually come from sincere people giving the wrong or weak gospel. (Luke 14 – *Count the cost*)
- Note: Remember If the counselee won't submit to Christ as Lord or His Word, they will not submit to His Lordship in the change process.



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- 3) The **biblical** gospel includes **repentance**.
(Even believing requires turning)
- 4) The false gospel is always **man-centered**.
(The most popular gospel today)
- 5) The lack of interest, zeal, cooperation and **obedience** in counseling is commonly caused from the *grieving of the Holy Spirit* or the *absence of the of the Holy Spirit* in the believer. (Lost or disobedience, the product of carnal or worldly living is similar in function).



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Evangelism dynamic to remember:

Steps in the Counseling Relationship:

The Lost Person → ← The Saved Person

- Transition → to the Gospel
- * Building Involvement
 - * Creditability & Care (love)
 - * Opportunity & Connectivity
 - * Illustration (Visual Theology) – the bait

Also, *The Gospel Presented in homework* → (It is the Power of God at work away from counseling!)



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III. The three easiest illustrations to transition – Visual Theology for *practical application*

1 - *Turning on the Light* to see the problem clearly.
(John 8:12)

- a) Illustration & example

2 - *The River of Life* to ascertain problem priorities.
(Matt. 7:21)

- a) Illustration & example



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3 - Evangelizing those who *think* they are saved – **(Luke 6)**

a) The two fruit trees ILL. (*Galatians 5:21-23*)

- Using a practical illustration in the counseling session (Credibility? = What we say we believe Vs. the fruit of our actions?)

4. Use "The List" to evangelize people who are **works based** in their theology. (Eph. 2:8,9) – Visual Theology

- List what they THINK it takes to go to heaven!
- Explain Eph.2:8 visually in comparison!



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TESTIMONIAL #1
Email from NANC training conference in October 2010:

"Pastor Mark,

I attended your workshop at NANC on evangelism in counseling. I ordered the series "Hard to Believe" that you had recommended and listened to them with my wife. My wife already had a profession of salvation as a child, but lacked spiritual fruit in her life. By the end of the third session, she came under conviction of sin and of her lost condition. As a result, she came to know Christ as her Savior and is experiencing the fruit of a changed life. Thank you for your ministry and service to the Lord. May God continue to bless and enrich your ministry for His glory!

Blessings!"

(member of Grace Community Church)



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TESTIMONIAL #2, Part 1
Email from marriage counseling in Kansas City: (Aug.31, 2018)

"Mark-

I pray this finds you and Cindy enjoying retirement. I know your grandchildren are blessed to have you close by!

I have had it on my heart to reach out and touch base with you as I am in awe of the beautiful work that God has continued to do in our marriage as well as our home. That is not to say we have times of struggle and differences... but we serve an amazing God and He is faithful to give us the tools to walk thru those times totally giving Him the glory for the result on the other side of those times....



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TESTIMONIAL #2, Part 2

Email from marriage counseling in Kansas City: (Aug.31, 2018)

Ray and I continue to take each day as a gift and know that without the hope of the Lord our marriage would be over. Ray has been faithful to his commitment to love me as Christ loves the church.... and hopefully he feels the much deserved respect from me that he needs as the head of our home. I am so thankful for him and so proud of his commitment to be the man that God wants him to be.....



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TESTIMONIAL #2, Part 3


Email from marriage counseling in Kansas City: (Aug.31, 2018)

Our relationship(s) with Matthew and Lauren continue to grow and we are so thankful for the gift we have been given to come along side of them and watch them grow into amazing adults who both love the Lord and us as their parents.


I don't ever want to "go backwards" or "re-visit" those dark and brutal times in our marriage ... but those times are a reminder of God's grace and goodness in our lives. Thank you for faithfully speaking the truth into each of our lives.... Thank you for loving us... and praying so faithfully thru those times with us.

Please give Cindy our love... and know that we think of you often. On behalf of Ray and I both...

Blessings,
Rae Jean B."

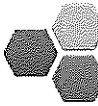


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Module 101

Session – 4
Sanctification and
The 4-Part Counseling Process



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I. The Four Simple Overview of Biblical Counseling

A. There are four simple parts of EVERY biblical counseling relationship or session surrounding the work of Christ.

STAGE ONE: The Investigative Stage (The Assessment Process)

- Information is gathered (PDI, forms, interview, profile, etc.)
- Probing questions are asked to get to the heart of the issue
- The spiritual problems & information is collected as data
- The spiritual condition of the counselee is considered in the data collecting

The scope of the problem is initially determined



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STAGE TWO: The Redemptive Stage (What is their relationship to Christ?)

- Assessing their "relationship" with Christ – do they need reconciliation vertically or horizontally?
- Is the Gospel required or understood?
- How connected are they to their church?
- What discipleship methods or processes do they submit to?
- How submissive are they to authority?
- What level of humility and teach-ability do they have?
- Where are the carnal areas in competition to spiritual growth and restoration?



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STAGE THREE: The Corrective Stage (Restructuring for Change)

- Forgiveness and repentance are already in progress
- List the specific issues for change (External & internal)
- Use "Put on & Put off" principles
- Develop an action plan for change
- Be sure that the heart is challenged in the action plan
- Provide good homework (Targeted - no busy work)
- Utilize journals and "think & do" lists as needed
- Model proper responses and behaviors when possible
- Teach biblical thinking & self-talk principles



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STAGE FOUR: The *Connective Stage* (Connecting to the Body of Christ for living support)

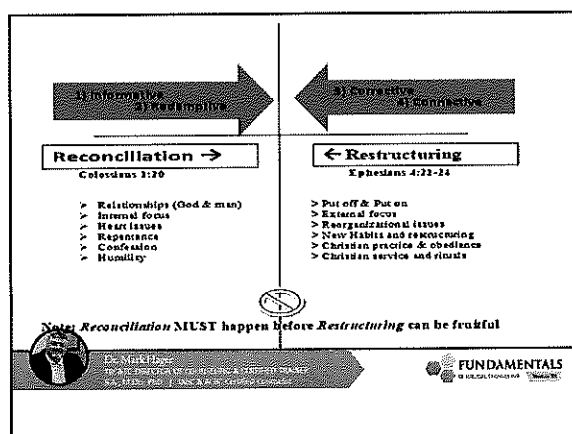
- What church do they attend? (Are they faithful?)
- Do they know their Pastor?
- Are they observers or players in the church?
- Does the Church support Biblical Counseling?
- What is the plan for their discipleship?
- Advocates? Relationships?
- How will you hold them accountable for staying connected?
- Teach them about good Ecclesiology



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II. The 4-Level's of Counseling: (Adams)

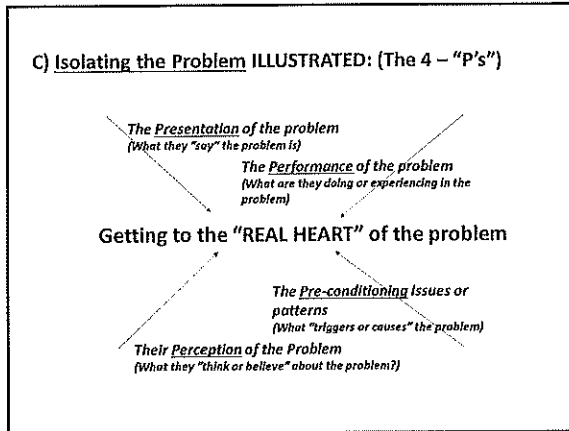
1. **Presentation** (What they say...)
2. **Performance** (What they do...)
3. **Preconditioning** (Triggers...)
4. **Perception** (What they believe)



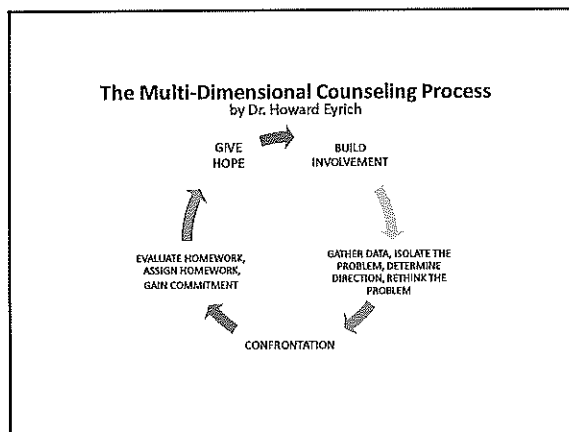
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- A) Building Involvement** is essential because it establishes a **TRUST** relationship? It can be as simple as connecting with a person on a particular **COMMON INTEREST**. It can be as complex as patiently helping the person to **PROCESS** the consequences of their sin and genuinely **EMPATHIZING** with a tragic loss or the crippling illness of a child. (Rom. 13:15)
- B) Data Gathering** is a *multifaceted* enterprise. Without data gathering the counselor may commit folly and shame (Prov.18:13). As important as it is, the counselor must avoid becoming an *interrogator*. The *Personal Data Inventory* can supply great assistance because it not only provides objective data but the counselee supplies the counselor sufficient subjective data that becomes an invitation to the counselor to explore. Data gathering includes: the counselee's story, third party information and what Adams called *HALLO DATA* (Body language).
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C) Isolating the Problem is the biblical counselor's equivalent of a **diagnosis**. In his or her diagnostic work Adams saw *three levels* to personal problems that he called (**Presentation; Performance; and Preconditioning**). Dr. Howard Eyrich added **Perceptual** to account for the decisive nature of some problems and the conscious thinking cited in the biblical record (Eph.4:22-24; Rom. 12:1-2).

D) Determine Direction. Once sufficient data is gathered and the problems at hand are evident (*at least what the counselee has expressed at this point*), the counselor can begin to determine the *direction* of his or her counseling.



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Dr. Eyrich's example; "I recently had a counseling case of a broken engagement. Initially the break up was the *Presentation Level Problem*. However, further data collecting unveiled a *Performance Level problem* (cohabitation), a *Preconditioning Level Problem* (habituated anger) and *Perceptual Level Problem* (Counselee said, "God was irrelevant"). In this case, this fourth level of the problem was determined to be the *entry point* into addressing the *core* of the problem. This meant evangelism...."



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E) Rethink the Problem. Rethinking the problem entails helping the **COUNSELEE RECONCEPTUALIZE** the problem in biblical terms. Most counselees today are thinking in **CULTURAL** terms. *Example:* Adultery is called an affair. Homosexual relationships are called gay or deemed normal for some. It is not unusual for a counselee to explain that they are (or have) bipolar disorder. *When asked how they were diagnosed they respond that they self-diagnosed through the internet or a friend told them. Re-conceptualizing the problem biblically is very important.* Only then can we address the problem and change the behavior.



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F) Confrontation. Perhaps by this time you have noted that this is a very LOGICAL process and confrontation very logically sequential. *But what is confrontation and how is it best accomplished?* Dr. Eyrich has found that in most cases that walking through the Rethinking process actually allows *the Scripture* to do the confronting. One of the tasks as a counselor is answering questions and clarifying issues. In some cases it becomes necessary to be pointed. However, the counselor should never be **ARGUMENTATIVE**. Confrontation is required for repentance. Repentance is required for change.



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G) Giving Hope. I am certain some of you are thinking that *hope giving* should **PRECEDE** confrontation. However, logically, hope grows out of **confrontation**, at least biblically speaking. As the Gospel or Good News is not only of God's forgiveness but of the Holy Spirit indwelling to enable the counselee change, to correct their course, and to find peace and satisfaction, **HOPE IS NEEDED**. Hope can be as simple as teaching the counselee 1 Corinthians 10:13 or Eph. 5:22 as the means of reversing the curse of the fall and the impact on marriage.



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H) Secure a Commitment has much precedence in Scripture. The Philippian jailer asked, "What must I do to be saved?" (Acts 2:36-38) Paul's response was to ask him for a commitment, "believe on the Lord Jesus and be saved." At the **end of a session**, ask the counselee for a commitment to **change**. Give them homework that is doable and encourage them by providing them a bigger **picture** of what God will do and bless in their obedience




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1) **Assign Homework.** This is part of their commitment but here are some things to remember:

- a. Don't give too much homework
- b. Target your homework to accomplish the goal
- c. Include specific use of the Bible
- d. Include some Church involvement when possible.
- e. Be sure you go over the work they did before starting the sessions. (legitimizes the work)




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Facets of Homework:


- 1) Direct Bible Study
- 2) Bible memorization
- 3) Guided Interaction between feuding mates
- 4) Reading a book or listening to CD, etc.
- 5) Watching a movie
- 6) Research in some cases
- 7) Journaling in some cases
- 8) Use three things: Read something; Write something; Do something.



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Session - 5
Homework in Counseling



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I. CLASS QUIZ**1) What is the difference between Historical Biblical Counseling and most modern Biblical Counseling trusted today?**

> Biblical Counseling today is more progressive and integrated with some non-biblical ideologies and philosophies. It attempts to keep biblical principles but is open to other counseling ideas and principles, thus being just a form of historical biblical counseling.

> Historic Biblical Counseling is rooted in the original Nouthetic approach to biblical counseling founded by Dr. Jay Adams, in terms of Bible alone!



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2) How are we to understand the terms; General Revelation and Special Revelation, as it pertains to modern counseling philosophy and methodologies?

> Christian Psychologist and/or integrationist believe that because of General Revelation, their secular methodologies rooted in their practice of psychology is covered under General Revelation and approved by God.

> Historic Biblical Counseling is rooted in Special Revelation alone because the Bible doesn't communicate the Gospel (Justification), or Discipleship (Sanctification) to people under General Revelation, thus Biblical Counseling holds to Special Revelation as the only proper means to help someone, both in salvation and sanctification.



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3) What are some of the important steps to biblical reconciliation?

1. **Repentance** (Personal heart humble attitude change from your own sin and finite weaknesses)
2. **Confession** (Admitting that you sinned and fall short of the glory of God and need forgiveness. 1 John 1:9)
3. **Forgiveness** (Humbly extended and received)
4. **Patience** (Waiting on the Lord and the restorative process in God's time. 1 Cor. 13:4)
5. **Obedience** (Faithfully doing our part in the reconciliation process and trusting God with the results)



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3) cont. What are some of the important steps to biblical reconciliation?

6. Love (Love does not keep records of wrong. 1 Cor. 13:5)
7. Submission (Intentionally submitting to God's Word and the Church for spiritual growth and renewal.)
8. Investment (Ps.119:11 – study and memorize key Biblical Truths for continued sanctification)
9. Practice (Heb.5:14/Eph.4:24 – putting on righteousness for re-habitation into maturity.)



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4) How important are proper terms used in place of the World's labeling system in the counseling relationship?

- The Bible doesn't use or recognize the DSM terms of the world as legitimate descriptors of man's problems.
- Biblical solutions to addressing "people problems" are directly linked to biblical terminology.
- If you want what God provides for a solution then we must embrace what God calls it as a problem. (1 Cor. 2:13)



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5) What are some of the most important skills and principles that you can utilize and promote in the counseling relationship?

- Probing deeper to understand the real problem or motivation in presented problems.
- Asking good questions; counseling success is directly connected to asking good questions in interviewing.
- Avoid vagueness; Specificity is the key to hitting the target of heart issues. Stay away from generalities.



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5) What are some of the most important skills and principles that you can utilize and promote in the counseling relationship?

- Counsel towards repentance and forgiveness, not to eliminate pain.
- Marriage counseling is most successful when conducted with both spouses and not separate or alone.
- Helping children in counseling is best accomplished by helping parents counsel their own children, not counseling children directly. (Play therapy is a psychological gimmick)
- Give good homework; This is the key to seeing the supernatural work of the Holy Spirit in the life of your counselee.



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5) What are some of the most important skills and principles that you can utilize and promote in the counseling relationship?

- Master the following skills:

✓ Biblical thinking ("RC" bookmark)	✓ Counsel towards Repentance
✓ Proper "Self Talk" techniques	✓ Teaching biblical forgiveness
✓ Theology of Suffering teaching	✓ Mastering the Gospel in evangelism!
✓ Proper use of homework	✓ God's Sovereignty



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6) Review: The 4-Steps to Biblical Counseling?

- The **INVESTIGATIVE** step of collecting data/information (Assessment)
- The **REDEMPITIVE** step of discerning true spirituality (The power to change)
- The **CORRECTIVE** step in change process.
- The **CONNECTIVE** step in connecting people to the life of the Church.



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II. Understanding the Importance of Homework in Counseling

1. Homework is the **completion** of the counseling session. It is the **"Part B"** of the whole equation to a counseling follow through.
2. Homework is usually where **the real work of change happens**. Note: if they won't do homework, they are not interested in change. (*God meets us in secret and around His Word for sanctification.*)
3. Homework in biblical counseling is **the most important task** in the counseling dynamic. Note: in psychotherapy, the clinician (is the expert), but in B/C, God is the expert and meets people in secret.



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III. Homework Tips: Dr. Mark Hager

- Give homework at the level of the counselees ability to do the homework.
- Be sensitive of the counselee's learning style - if it applies. (God uses all learning styles)
- Don't desecrate the homework process by thinking that more is better.
- Always target the problem biblically and topically! NO GENERALIZATIONS or busywork!



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III. Homework Tips: Dr. Mark Hager

- Don't ever forget to include the homework review and assessment into the next counseling session. (Validation process)
- Keep building your homework library. (If you won't use a resource, they probably won't respond to it either)
- Homework is where the Spirit of God will do His greatest work - *If the counselee is serious and if the counselor cares!*
- Sometimes the Counselee is not serious and doesn't complete the homework. Delay the next appointment or use the appointment time to complete the assignment.



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IV. Homework Tips: Dr. Howard Eyrich**1. It is important to:**

- Not give too much homework
- Give targeted homework consistent with the direction you previously determined
- Include some specific use of the Bible
- Include some church experience

2. Never forget to check homework the next session!

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V. How to give effective counseling homework: Dr. Jim Newheiser**1. Introduction.**

A. What is the purpose of homework? See Instruments in the Redeemer's Hands

- Appendix 4, Doctrines that drive homework, by Ed Welch.

B. Homework assignments need to be very specific.



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2. Diagnostic homework: Data gathering and hypothesis testing.**A. Use Logs & Journals: (Examples)**

1. Temptation journals.
2. Anger journals
3. Journal of upsets -- conflicts, etc.
4. Keep a record of all the money you spend.
5. Keep a record of how you spend your time, ect.
6. Discovering *problem patterns* log.
7. Write down everything you eat, etc.



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B. Worksheets

1. Child-centered or God-centered home assessments.
2. A Checklist of Ways that Parents Provoke their Children to Anger.
3. Manipulation Test/assessments.

3. Use homework that teaches specific biblical principles.**A. Reading** (See my list of favorite counseling resources – to include the SCM)

1. Books, booklets, pamphlets, tracts, etc.



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B. Worksheets.

1. A Homework Manual for Biblical Living, by Wayne Mack.
2. Strengthening Your Marriage, by Wayne Mack.
3. 50 Questions to Ask Your Wife.
4. Marriage problem solving worksheets.
5. Marriage evaluation.

C. Listen to tapes, CD's or MP3's.

> Free downloads at gtj.org



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4. Homework which implements biblical principles:**Actions: Js. 1:22**

- a. Attend church.
- b. Daily personal prayer (ACTS) and Bible reading.
- c. Scripture memory
- d. Family worship.
- e. Make a "log list" of your sins against each other.
- f. Seek forgiveness
- g. Make restitution
- h. Destroy contraband: drugs, porn, etc.
- i. Write a budget





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j) Plan your time (using a grid).
 k) Family Conference Table
 l) Become involved in serving others
 m) Communication exercise. (Phil. 2:1-4)
 n) Can you fully and fairly express the other person's point of view?
 o) Date night
 p) Write a code of conduct for children.
 q) Make a list of things for which you are thankful.
 r) Next time bring: spouse, Pastor, child, etc.


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VI. Class Practicum: Write a brief assignment sheet for the following counselees:

1) A elderly saint with frequent anxiety attacks (*she is elderly and has very bad eyesight*)
 2) A 40-year-old saved unemployed man that is dealing with feelings of depression
 3) A 25-year-old single mom that is a high school drop out and a new Christian. She doesn't know what to do to grow in her faith at Church.


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Session – 6
Idols of the Heart

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Drawing out the Heart: Soul-Care (Higbee)



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Thesis Statement:

Whatever motivates you controls you!

Open your Bibles to:
EZEKIEL 14:1-11



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I. Some Important Truths about Behaviors & Motives:

1. We either change by BEHAVIOR (Temporary), or by MOTIVES (permanent).
2. As our wants and desires change, our behavior changes.
3. When we make changes for temporary relief all we do is REARRANGE THE FLESH.
4. Behavioral modification is always external in its solutions.



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A Look at Motives:

Where are the motives?

- Hebrews 4:12 (ESV)
- For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.
- Hebrews 4:12 (NLT)

For the word of God is full of living power. It is sharper than the sharpest knife, cutting deep into our innermost thoughts and desires. *It exposes us for what we really are.*



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A 12-STEP, 100% BIBLE-BASED COURSE



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II. Identifying Idols

Vs. 1-2)

- Ezekiel 14:1-4 (NLT – narrative style)
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101

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102

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103

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104

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105

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2. Behavioral modification is always external in its solutions. (Secular Humanism)
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II. Identifying the Idols:

Vs.3) The location of the "real" idol is always found in the *heart*. (*The belief system of our minds and hearts – the immaterial of life*)

Lesson Point: Idolatry is a *worship disorder*.

Lesson Point: You sacrifice *for* and obey *whatever* you worship in life.

Lesson Point: *Idols are usually good things perverted by man for his own use.*



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What are the *internal elements & spiritual implication* of our worship.

> Worship is the *reverent response* of our heart to an *idea* or *person* we *deeply value* that is wrapped in our *affection*.



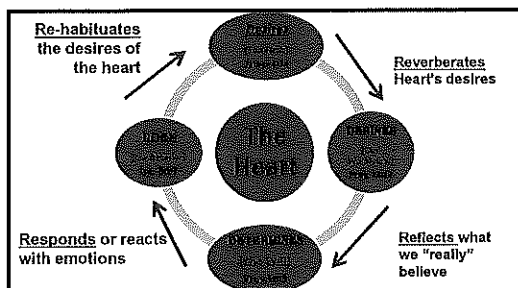
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The Function of the Heart



109

Examples of Idols:

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- MONEY - (Greed, materialistic, worldly, etc.)
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110

The Heart & Idols: *What does the Bible say?*

- **Proverbs 21:2 (NLT)**
People may think they are doing what is right, but the Lord examines the heart.
- **Matthew 15:8 (NLT)**
'These people honor me with their lips, but their hearts are far away.
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So be careful not to jump to conclusions before the Lord returns as to whether or not someone is faithful. When the Lord comes, he will bring our deepest secrets to light and will reveal our private motives. And then God will give to everyone whatever praise is due.

111

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So put to death the sinful, earthly things lurking within you. Have nothing to do with sexual sin, impurity, lust, and shameful desires. Don't be greedy for the good things of this life, for that is idolatry.

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III. Solutions to Destroying Idols of the Heart:

Ezekiel 14:6 (NLT - narrative)

"Therefore, give the people of Israel this message from the Sovereign Lord: Repent and turn away from your idols, and stop all your loathsome practices.

1. **Confrontation** (Ephesians 4:15 - Truth)
2. **Conviction** (John 16:8 - The Spirit)
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4. **Practice** (Heb. 5:14 - New director)

113

> Take an inventory of your wants, needs and your desires.

> Use the Xray & Idols questions and forms as a tool.

> Pray and be accountable to someone

• **Ephes. 4:22-26 (ESV)**

"to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, [23] and to be renewed in the spirit of your minds, [24] and to put on the new self, created after the likeness of God in true righteousness and holiness."



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Closing Scriptures:

We feed the heart & create the problem

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Above all else, guard your heart, for it affects everything you do.

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115

What about Idolatry Today?

Idolatry today is exactly at the same problem-level as it was in the first century biblical days of old. It's not a cultural problem!

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Q & A time...

- Thank you.



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Thesis Statement:

Whatever motivates you controls you!

Open your Bibles to:
EZEKIEL 14:1-11



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I. Some Important Truths about Behaviors & Motives:

1. We either change by BEHAVIOR (Temporary), or by MOTIVES (permanent).
2. As our wants and desires change, our behavior changes.
3. When we make changes for temporary relief all we do is REARRANGE THE FLESH.
4. Behavioral modification is always external in its solutions.



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A Look at Motives:

Where are the motives?

- Hebrews 4:12 (ESV)
- For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.
- Hebrews 4:12 (NLT)
- For the word of God is full of living power. It is sharper than the sharpest knife, cutting deep into our innermost thoughts and desires. *It exposes us for what we really are.*



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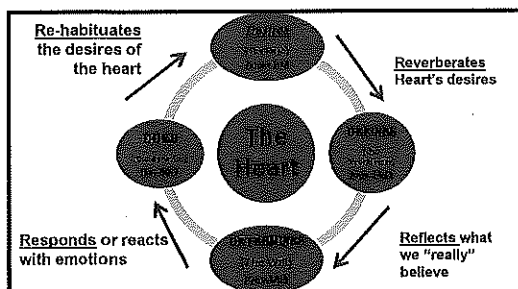
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132

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M.A., M.Div., M.F.T., J.D., M.A., M.S. Christian Counselor



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134

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Session - 6 Idols of the Heart



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- Module one homework:

1. Read (or review) the book; Competent to Counsel
2. Read "Why Self-Confrontation" (Pages 11-16) of the Self-Confrontation Manual (SCM)
3. Read and work Lesson 1 of the SCM: > Read Pages 17-19 > Work homework A – D (Page25)
4. Read handouts (articles provided)



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