

METHODOLOGY

ISSUES & CASE STUDIES

Module 102

STUDENT HANDOUT

BC Fundamentals Training

Modular Intensive Training – 102

Lessons 1 – 7

Instructions: Take notes for credit and provide them to your Training Center Director



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

Additional homework for Fundamentals Training:

1. Lessons 9 - 12 of the Self-Confrontation Manual
2. Read and write a book summary of The Theology of Christian Counseling – Adams
3. Read attachments (Articles) of this Module.
4. Follow the Checklist or Syllabus for further.



METHODOLOGY
ISSUES & CASE STUDIES **Module 102**

STUDENT HANDOUT

M.I.T. 102

Lessons 1 - 7



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METHODOLOGY
ISSUES & CASE STUDIES **Module 102**

Session #1
*Biblical Counseling: The Bible
Vs. The DSM (Labels)*



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I. Review from Module 1:

1. What is the four step process in counseling?
Informative → Redemptive → Corrective → Connective

2. How does Adams and Eyrich explain the process of counseling in 4 words: (The P's)

Presentation
Performance
Pre-conditioning
Perception



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II. The DSM (The Diagnostic and Statistical Manual of Mental Disorders)

Defined: (Secular manual of labels and descriptions)

It is a collection of dysfunctional human behaviors and/or complicated syndromes (disorders) based upon the vote of about 100 American Psychiatrists *that generally disagree* with each other about the method of therapy needed to solve these problems.

The DSM is primarily a source book or compilation of "mental health" behaviors for insurance claims and payment purposes that the therapist and pharmaceutical companies use to justify their psychotropic drug hypothesis and treatment plans.



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A. Understanding the DSM in Counseling:

1) There are three (3) Psychologies we understand:

- **Statistical Psychology (Historical)**
Example: *Barna (trends, patterns, social behaviors)*
- **Descriptive Psychology (Diagnostic)**
Example: *DSM or ICD (Labeling behaviors)*
- **Prescriptive Psychology (Therapeutic)**
Example: *Your local licensed counselor ("Treatment")*



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B. Statistical Psychology

1) **Statistical Psychology** provides documentation of statistical data (factual) by the study of human behaviors, cultural trends, and objective statistical surveys for the purpose of identifying social and cultural impacts within the milieu of the mental health system.

Counseling Point: We agree with and should pay attention to *most* of these findings because they could impact our Couselee by their cultural and social influences.



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C. Descriptive Psychology

1) *Descriptive Psychology* defines objective dysfunctional or abnormal human behaviors and/or human thinking within the context of documented counseling activity with the presupposition that it will utilized within the context of a secular approved subjective therapeutic system.

Counseling Point: The DSM falls into this category and *can* be a helpful tool in identifying certain (*not always biblically conclusive*) behaviors, patterns of behaviors and/or a dysregulated mind-set (cognitive dysfunction) of people in spiritual decline.




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C. Prescriptive Psychology

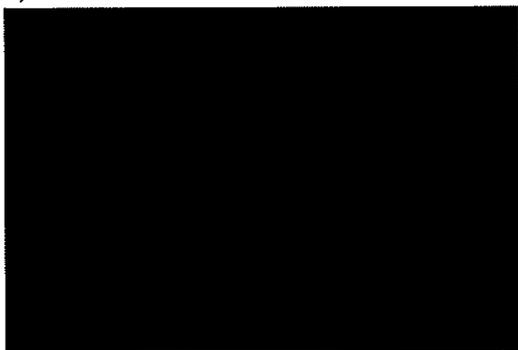
1) *Prescriptive psychology* attempts to provide a therapeutic solution to man's problems from a humanistic and secular perspective (They may or may not add a spiritual element). *Their theological anthropology is man-centered while their presuppositions of man's needs are eclectic, self actualized, worldly, sometimes even demonic.* They are generally philosophically and obtrusively in opposition to God and His sufficient Word.

POINT: As Historical Biblical Counselors (Nouthetic) we reject all forms of secular and eclectic systems of therapy (counseling), that is by nature and purpose, an affront to God and His Word by denying the sufficiency of Christ.




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The Truth about Chemical Imbalances – Dr. Peter Breggin, M.D. & Psychiatrist



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Rules of Label Conversion and Counseling

1. Convert the label using biblical terms and words
2. Carefully collect all of the biblical data related to the correct biblical term
3. Teach your Counselee to use and trust the biblical term in the counseling process
4. Dissect and isolate the specific behaviors using the *Pillar Method*.



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The Pillar Method - Illustrated



L A B E L S

← Behaviors

Translate into Biblical Terms

Treatment Plan = 4-Step Process of Biblical Counseling

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Bible/DSM Counseling Practicum:

Instructions: Find the biblical alternative to the DSM description provided for counseling use.
(Review the handouts for your specific disorder)

Handout #1) **Oppositional Defiant Disorder**
 → Team assignment

Handout #2) **Narcissistic Personality Disorder**
 → Team assignment

Handout #3) **Attention Deficient Disorder**
 → Team assignment



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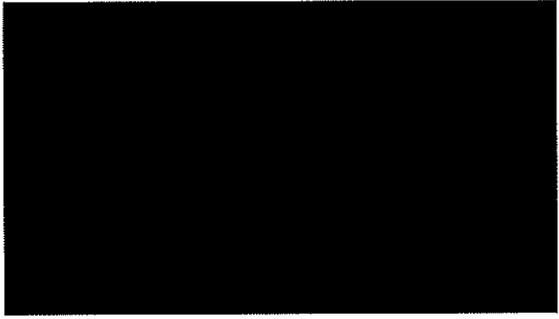
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Session – 2
Communications and Counseling

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Communications – Dr. George and Lisa Scipione,
Director of Biblical Counseling Institute



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*“Deep oneness can be achieved
only where good communication
exists”* Dr. Wayne Mack

Amos 3:3 (NLT)
³ Can two people walk together
without agreeing on the direction?



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True or False:

- 1) Can two people become one flesh without a good communication system?
- 2) Nothing, except of their union, communion, and communication with God in and through Jesus Christ, is more important to the development of genuine oneness.
- 3) Wherever you find marital failure, you will find a breakdown in real communications.

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I. Biblical Principles and Requirements for Good Communications:

- 1) Mutual openness and honesty (1 John 1:7-10)

Ephesians 4:25:

²⁵ Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another.

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- 2) **Having Self-control** is a requirement for good communication. (Prov.12:18; James 3:5-8)

Lesson Point: Emotional people are the most difficult to train to think and act biblically.

- > **Emotionalism is habitual** (Not a personality)
- > **Emotionalism is reactive** (with present heart substance)
- > **Emotionalism is usually carnal** in nature
- > **Emotionalism is not to be trusted** over Truth
- > **Emotionalism can be destructive** (It is usually presumptuous instead of thoughtful)

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3. To have good communications skills we must:

- > Control our use of words (*Triggers*)
- > Control our anger (*frustration in our response*)
- > Control our judgments (*No heart reading allowed*)
- > Control our attitude (*inner voice – spiritual approach*)



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III. We need a charitable, forbearing, and accepting spirit. (Eph. 4:29-32).

Heart Check:

- > Are there any resentment or bitterness issues?
- > Are there any unforgiveness issues?
- > Love – *believes all things....?*
- > Do we desire reconciliation more than just winning the fight or trying to be right?
- > Am I approaching communications with an attitude of humility?
- > What is my own prayer and Bible study life like?



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IV. Good Communications is becoming a Good Listener. (Prov. 18:13; 20:5)

Note: Listening is being other-centered

- > Do you talk more than you listen?
- > Listening includes conversation involvement. (not just silence)
- > Listening is learning. Talking is revealing.
- > Are you asking good questions in communicating?



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V. 12 Suggestions to Biblical Development of Good Communications in Marriage: (Dr. Wayne Mack)
1 – Where there is a problem, both parties must admit that he/she is part of the problem.

- Proverbs 20:6
⁶ Many a man proclaims his own steadfast love, but a faithful man who can find?
- * Ephesians 4:22
 that, in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit,
- Romans 6:6
 knowing this, that our old self was crucified with Him, in order that our body of sin might be done away with, so that we would no longer be slaves to sin;



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2- Each person must be willing to change.

Matthew 5:23-24 (ESV)
²³ So if you are offering your gift at the altar and there remember that your brother has something against you,
²⁴ leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift.

Matthew 7:3-5 (ESV)
³ Why do you see the speck that is in your brother's eye, but do not notice the log that is in your own eye?
⁴ Or how can you say to your brother, 'Let me take the speck out of your eye,' when there is the log in your own eye?
⁵ You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother's eye.



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3 – Avoid emotionally charged words (You always, you never, etc.....)

James 3:8-10 (ESV)
⁸ but no human being can tame the tongue. It is a restless evil, full of deadly poison.
⁹ With it we bless our Lord and Father, and with it we curse people who are made in the likeness of God.
¹⁰ From the same mouth come blessing and cursing. My brothers, these things ought not to be so.



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4 – Never blame-shift. Take responsibility for your words and actions.

Galatians 6:4-5 (ESV)
⁴ But let each one test his own work, and then his reason to boast will be in himself alone and not in his neighbor.
⁵ For each will have to bear his own load.

James 1:13-14 (ESV)
¹³ Let no one say when he is tempted, "I am being tempted by God," for God cannot be tempted with evil, and he himself tempts no one.
¹⁴ But each person is tempted when he is lured and enticed by his own desire.



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5 – Refrain from having “reruns” on old arguments.

Ephesians 4:26 (ESV)
²⁶ Be angry and do not sin; do not let the sun go down on your anger,

Philippians 3:13-14 (ESV)
¹³ Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead,
¹⁴ I press on toward the goal for the prize of the upward call of God in Christ Jesus.



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6 – Deal with on problem at a time – then move to the next (fishing line principle in solving conflict)

Matthew 6:34 (ESV)
³⁴ “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.



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7. Deal in the present and not the past. (use no fishing signs or work old case loads of offenses)

Luke 17:3-4 (ESV)

³ Pay attention to yourselves! If your brother sins, rebuke him, and if he repents, forgive him,

⁴ and if he sins against you seven times in the day, and turns to you seven times, *saying, 'I repent,'* you must forgive him."

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8. Major on the positive instead of majoring on the negative – giving others the benefit of the doubt.

Philippians 4:4-6 (ESV)

⁴ Rejoice in the Lord always; again I will say, rejoice.

⁵ Let your reasonableness be known to everyone. The Lord is at hand;

⁶ do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

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9. Learn to communicate in non-verbal ways (eye contact; body language, attention, etc.)

Matthew 8:1-2 (ESV)

¹ When he came down from the mountain, great crowds followed him. ² And behold, a leper came to him and knelt before him, saying, "Lord, if you will, you can make me clean."..... ¹⁴ And when Jesus entered Peter's house, he saw his mother-in-law lying sick with a fever. ¹⁵ He touched her hand, and the fever left her, and she rose and began to serve him.

Psalms 32:8 (ESV)

⁸ I will instruct you and teach you in the way you should go; I will counsel you with my eye upon you.

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10. Express your thoughts and concerns to each other without fear of retribution. (fear of man)

John 1:45-47 (ESV)

⁴⁵ Philip found Nathanael and said to him, "We have found him of whom Moses in the Law and also the prophets wrote, Jesus of Nazareth, the son of Joseph."

⁴⁶ Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see."

⁴⁷ Jesus saw Nathanael coming toward him and said of him, "Behold, an Israelite indeed, in whom there is no deceit!"

Proverbs 29:25

The fear of man brings a snare, But he who trusts in the LORD will be exalted.



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11. Practice the Golden Rule – Matthew 7:12 (provide your spouse what you want in the relationship)

• Matthew 7:12 (ESV)

¹² "So whatever you wish that others would do to you, do also to them, for this is the Law and the Prophets."



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12. Practice the principles laid down in Luke 6:35. (Do it for the glory of God and expect nothing in return – 1Cor.10:31)

Luke 6:35-36 (ESV)

³⁵ But love your enemies, and do good, and lend, expecting nothing in return, and your reward will be great, and you will be sons of the Most High, for he is kind to the ungrateful and the evil.

³⁶ Be merciful, even as your Father is merciful.



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VI. Set the Proper Rules for Dialog in Counseling:

Expectation #1: Eph. 5:10 for everyone – Motive of Counseling biblically & Christ-honoring.

Expectation #2: We will allow others to share and talk in the counseling session – without interruption!

Expectation #3: We will not defend ourselves. We will only explain ourselves when asked to do so.

Expectation #4: We will focus our MAIN attention and energy on finding a SOLUTION to the problem rather than blaming others for the problem.



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Expectation #5: We will treat each other with respect in our speech and action – for the glory of God! (1Cor.10:31)

Expectation #6: We will refrain from using words like; *you never ... you always ... I know what your thinking.....*

Expectation #7: We will do our part to be fair and honest, trusting the Lord for the results.

Expectation #8: We commit to extending forgiveness where offended and repentance for wrong doing we caused – WITHOUT EXCUSES! (Eph. 4:31-32)



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Session – 3
FORGIVENESS and Counseling



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•Ephesians 4:30-32 (ESV)
³⁰ And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.
³¹ Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.
³² Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.



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Biblically defining FORGIVENESS:
 Greek word: *charizomai* - (Root word; *Charis* = grace)
 > to grant as a favor;
 > pardon, or rescue
 > gratuitously
 > freely give
Biblical example of “true” forgiveness: Rom. 5:8; Phil. 1-3



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The World’s Definition of Forgiveness:
 > When a person has a change of heart or attitude about someone who has wronged them
 > Giving up the right to hurt those who hurt you
 > Letting a hurtful offense go when you finally feel like you *can* do it.
 > Forgiving someone who shows evidence of change.
 > Forgiving yourself before you can forgive others.



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The Biblical Definition of Forgiveness:

- "To be a Christian means to forgive the inexcusable because God has forgiven the inexcusable in you." C.S. Lewis
- To forgive others just like Christ forgave you. (Eph.4:32)
- Providing the undeserving grace of forgiveness to the "guilty" in our lives, that God provided by His grace, and continues to provide, to us as guilty and undeserving recipients of His forgiveness through grace.



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Principles of Forgiveness:

- 1) We are never more like Jesus than when we are forgiving others.
- 2) Forgiveness is designed to be a gift that we give away - not earn.
- 3) Genuine forgiveness is something you typically give at the level you understand your own forgiveness. (*Nobody is coerced or shamed into forgiving*)



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Principles of Forgiveness:

- 4) Forgiveness is faith in action not necessarily motivated by a feeling.
- 5) The opposite of forgiveness is judgment (*implication is "waiting for sentencing"*)
- 6) Forgiveness is God's antidote to sin and emotional hurts – of all kinds!



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Principles of Forgiveness:

7) Forgiveness is never earned or deserved! (*Freely given or its not true forgiveness*)

8) Forgiveness should never be confused with trust. (*Trust is earned*)

9) Forgiveness is both a horizontal and vertical theological exercise - in every relationship! (*Mark 11:25; Luke 17:3-5*)



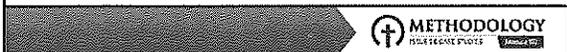
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Principles of Forgiveness:

10) Forgiveness is not the same as apologizing (saying "I'm sorry.")

11) Remember and rehearse the horizontal and vertical principles of forgiveness, so you can minister to others.

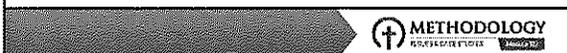
- > Luke 17: 3-5 (Horizontal)
- > Mark 11:25 (Vertical)



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Principles of Self-Forgiveness: (Dr. Jim Halla)

- **The idea is that you "sin against self." Rather you are the sinner.** Definitions are important. Sin is a whole-person, anti-God rebellious act against His standard. *Forgiveness understands and acknowledges this vertical reference first and foremost (Ps 51:1-3).*
- **The "self-forgiver" considers himself more important than God.** He has been hurt and in a desire for relief of bad feelings he seeks to forgive himself. All the while he has missed the fact that being sinned against is somehow worse than his sinful response.
- **He is not concerned about his sin against God, the True Forgiver (Rom. 3:21-26; 8:1; 2 Cor. 5:21).** Attempting to self-forgive, he places himself in the position of God.



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Principles of Self-Forgiveness: (Dr. Jim Halla)

- **Forgiveness is not about making a person feel good.** It is about God restoring Himself to hell-deserving sinners.
- **Attempting to forgive oneself** is stealing and competing with God. It makes a statement that Christ's active obedience (a perfect life before the cross) and His passive obedience (His death and going to hell on the cross) is impotent.
- Functionally, *the self-forgiver claims that God failed, Christ's cross-work did not do the job, and he must be his own savior.*



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I. We need help understanding God's LOVE through our own forgiveness in Christ.

- John 3:16
- Rom. 5
- Eph. 1:7
- Heb. 10:17
- Acts 3:19

A. The closer you take your counselee to the Cross, where the Savior hangs for they're sin, the more of a reality it becomes, that we are undeserving of our own forgiveness, thus that reality is providing the humility necessary to forgive others!



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II. We need to understand our RESPONSIBILITY to forgive others like Christ forgave us.

- Matt. 6:14-15
- Eph. 4:32
- Mark 11:25
- * 1 John 1:9
- * Ps. 103:12
- * Ps. 57:7,9
- * 2 Cor. 5:18-19
- * Isa. 1:18



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Forgiveness Practicum: (Scenario #1)

A lady in counseling is struggling with her husbands unfaithfulness. He repentantly asked for forgiveness but the lady claims she can't forgive him because he did this many times before and will just do it again.

- > What counsel would you give her?
- > What homework would you assign?

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Forgiveness Practicum: (Scenario #2)

A man was involved in automobile crash that claimed the life an innocent 5 year old girl, who died because of his drunk driving incident. The court case is pending and he came to you for counsel because he just can't forgive himself for this.

- > What counsel do you give?
- > What homework do you assign?

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Forgiveness Practicum: (Scenario #3)

A member of your church confides in you that they have been deeply offended by another member of the church and they are asking God to heal their unforgiveness so that they feel better and get victory over thinking about the unresolved offense.

- > What counsel do you give?
- > What Scriptures would you use?
- > What Homework would you assign?

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Forgiveness Practicum: (Scenario #4)

A member of your church confides in you that they were deeply offended by the previous pastor 10 years ago and just recently called him out of the blue and told him that he was forgiven. The problem is that the pastor acted like he was confused or didn't care. Now the member can't sleep at night, what should he do?

- > What counsel do you give?
- > What assignment and/or homework would you give him?
- > What Scriptures would you use?

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"The true gospel is a call to self-denial. It is not a call to self-fulfillment." John MacArthur

Until your counselee understands that truth, they will always struggle with forgiving others. Every counselee who finds forgiveness too difficult to provide, needs to spend time at the foot of the Cross of Christ.




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Session – 4

Counseling: Self-Talk and Biblical Thinking



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"The Love Languages" – Tim Challies



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GOD'S LOVE LANGUAGE

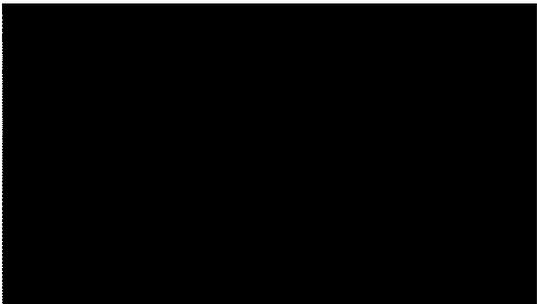
• **Matthew 22:37-40 (ESV)**

³⁷ And he said to him, "You shall love the Lord your God with all your heart and with all your soul and with all your mind. ³⁸ This is the great and first commandment. ³⁹ And a second is like it: You shall love your neighbor as yourself. ⁴⁰ On these two commandments depend all the Law and the Prophets."

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Love Languages and Santa – Think Biblically




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“Set your minds on things that are above, not on things that are on earth.”

Colossians 3:2 (ESV)



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⁶ Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will **guard your hearts and your minds** in Christ Jesus. ⁸ Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, **think about these things.** ⁹ What you **have learned** and received and heard and seen in me—practice these things, and the God of peace will be with you.”

Philippians 4:5-9 (ESV)



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I. Understand the Scope of proper thinking in light of Christian living

Philippians 4:4-6 (NLT)

⁴ Always be full of joy in the Lord. I say it again—rejoice!
⁵ Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon.

1) Fundamental Purpose as a Christian: (1 Thess. 4:13-18; Matt.22:37-41)

⁶ Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.

2) The Primary disciplines as a Christian: (Matt. 15:8)



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Philippians 4:7-9 (NLT)
7 Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

3) The Promised result of Christian faithfulness: (John 14:27)
8 And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

4) Discipline yourself with Praise-worthy thinking: (Romans 12:1-2)
9 Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.

5) Practice what you learned to own what you know: (Heb.5:14)



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"I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be *transformed by the renewal of your mind*, that by testing you may discern what is the will of God, what is good and acceptable and perfect."

Romans 12:1-2 (ESV)



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II. The Relationship of biblical thinking to the scope of biblical living:

1 And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him.

- *The Call to salvation and holiness – speaking to the Elect (Vs.1a)*
- *The Body is the spiritual culmination in the containment of the soul and the spirit (Vs.1a)*
- *The sacrificing of our life to God is from His perspective (Vs.1b)*
- *It is the only true form of biblical worship and service to God (Vs.1c)*



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2 Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect."

- Salvation at repentance (Vs. 1)
- Sanctification at obedience (Vs. 2)
 - Turning from your old life of sin and worldliness (Vs.2a)
 - Turning by the way you think or respond to life (Vs.2a)
 - Turning in obedience results in having discernment: (Vs. 2b)
 - Wisdom to know God's will; good, pleasing and perfect

 **METHODOLOGY**
HOW WE DO IT

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"For who has understood the mind of the Lord so as to instruct him?" *But we have the mind of Christ.*

1 Corinthians 2:16 (ESV)

Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.

Colossians 3:16 (ESV)

 **METHODOLOGY**
HOW WE DO IT

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III. The Relationship between THINKING and CHANGE

A. The world's philosophy: clear your mind or empty your mind and let the life within speak to you, *but God wants us to be thinkers and to biblically condition our minds with truth!*

B. God is the only One who can bring about *real change* in our thought patterns. How?

Practice the Truth of God's Word: Remember the "R's" for success:

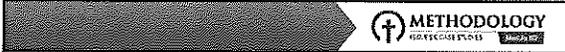
1. Resist Temptation (I Corinthians 10:13 ESV)

 **METHODOLOGY**
HOW WE DO IT

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• “No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.”

I Corinthians 10:13 (ESV)



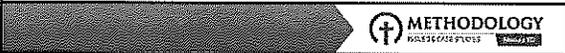
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A. **The world’s philosophy:** clear your mind or empty your mind and let the life within speak to you, *but God wants us to be thinkers and to biblically condition our minds with truth!*

B. **God is the only One who can bring about *real change* in our thought patterns. How?**

Practice the Truth of God’s Word: **Remember the “R’s” for success:**

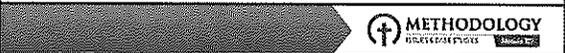
1. **Resist Temptation** (I Corinthians 10:13)
2. **Redirect Your Thinking** (Ephesians 4:20-24)



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• “But that is not the way you learned Christ!— assuming that you have heard about him and were taught in him, as the truth is in Jesus, to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness.”

Ephesians 4:20-24 (ESV)



69

A. **The world's philosophy:** clear your mind or empty your mind and let the life within speak to you, *but God wants us to be thinkers and to biblically condition our minds with truth!*

B. **God is the only One who can bring about *real change* in our thought patterns. How?**

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2. **Redirect Your Thinking** (Ephesians 4:20-24)
3. **Remember to Trust God** (Joshua 1:6-9)



70

- "Be strong and courageous, for you shall cause this people to inherit the land that I swore to their fathers to give them. Only be strong and very courageous, being careful to do according to all the law that Moses my servant commanded you. Do not turn from it to the right hand or to the left, that you may have good success wherever you go. This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go."

Joshua 1:6-9 (ESV)



71

A. **The world's philosophy:** clear your mind or empty your mind and let the life within speak to you, *but God wants us to be thinkers and to biblically condition our minds with truth!*

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3. **Remember to Trust God** (Joshua 1:6-9)
4. **Repent of any Sinful Thinking or Action** (James 4:7-8)



72

“Submit yourselves therefore to God.
Resist the devil, and he will flee
from you. Draw near to God, and
he will draw near to you. Cleanse
your hands, you sinners, and purify
your hearts, you double-minded.”

James 4:7-9 (ESV)



73

- A. **The world's philosophy:** clear your mind or empty your mind and let the life within speak to you, *but God wants us to be thinkers and to biblically condition our minds with truth!*
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 3. **Remember to Trust God** (Joshua 1:6-9)
 4. **Repent of any Sinful Thinking or Action** (James 4:7-8)
 5. **Record (write) Scripture on your Heart through Memorization** (Ps. 119:11)



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“I have stored up your
word in my heart,
that I might not sin
against you.”

Psalms 119:11 (ESV)

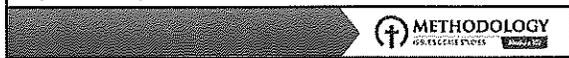


75

• God is the only One who can bring about *real change* in our thought patterns. How?

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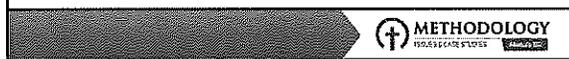
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2. Redirect Your Thinking (Ephesians 4:20-24 ESV)
3. Remember to Trust God (Joshua 1:6-9 ESV)
4. Repent of any Sinful Thinking or Action (James 4:7-8 ESV)
5. Right (write) Scripture on your Heart through Memorization (Ps.119:11)
6. Rehearse what is true and what is right (Heb.5:14)



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"About this we have much to say, and it is hard to explain, since you have become dull of hearing. For though by this time you ought to be teachers, you need someone to teach you again the basic principles of the oracles of God. You need milk, not solid food, for everyone who lives on milk is unskilled in the word of righteousness, since he is a child. But solid food is for the mature, for those who have their powers of discernment trained by constant practice to distinguish good from evil."

Hebrews 5:11-14 (ESV)



77

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4. Repent of any Sinful Thinking or Action (James 4:7-8 ESV)
5. Right (write) Scripture on your Heart through Memorization
6. Rehearse what is true and what is right
7. Resolve to protect your heart at all cost; (Prov.4:23) - Garbage in/Garbage out



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"Keep your heart with all vigilance, for from it flow the springs of life."

Proverbs 4:23 (ESV)

Proverbs 4:23 (NLT)

²³ Guard your heart above all else, for it determines the course of your life.

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Practice the Truth of God's Word: **Remember the "R's" for success:**

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4. Repent your heart at of any Sinful Thinking or Action (James 4:7-8 ESV)
5. Right (write) Scripture on your Heart through Memorization
6. Rehearse what is true and what is right
7. Resolve to protect all cost; Garbage in/Garbage out
8. Restore your thinking in the Spirit (Truth); (Romans 8:5-8)

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"For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For the mind that is set on the flesh is hostile to God, for it does not submit to God's law; indeed, it cannot. Those who are in the flesh cannot please God."

Romans 8:5-8 (ESV)

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1. Resist Temptation (I Corinthians 10:13 ESV)
2. Redirect Your Thinking (Ephesians 4:20-24 ESV)
3. Remember to Trust God (Joshua 1:6-9 ESV)
4. Repent of any Sinful Thinking or Action (James 4:7-8 ESV)
5. Right (write) Scripture on your Heart through Memorization
6. Rehearse what is true and what is right
7. Resolve to protect your heart at all cost; Garbage in/Garbage out
8. Restore your thinking in the Spirit (Truth)
9. Research the topic (sinful thought) for Biblical Truth & Change: (John 17:17)

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“Sanctify them in the truth; your word is truth.”

John 17:17 (ESV)

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B. God is the only One who can bring about *real change* in our thought patterns. How?

1) Remember the “R’s” for success:

2) Read & explain this Scripture to them:

“For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ, being ready to punish every disobedience, when your obedience is complete.” II Corinthians 10:4-6 ESV

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Big Picture.... (Self-Talk & Right Thinking)

THINK:

1. Learn to think biblically in everything (outside of the crisis tool)
2. Train yourself to use biblical words to describe biblical issues.
3. Never just stop wrong thinking -- replace wrong thinking with right thinking
4. Write out what you are supposed to think -- find a scripture to support the right thinking
5. Practice right thinking in little things
6. Use a journal to capture daily habits of thinking

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Big Picture.... (Self-Talk & Right Thinking)

SELF-TALK:

1. Listen less to yourself and talk more to yourself
2. Correct your thoughts and thinking with TRUTH
3. Use Scripture to make your heart submit
4. Don't trust your feelings. God's Word is the only true reality that exist.
5. Practice doing self-talk by using a journal to record your wrong thinking to right thinking and then reinforced by speaking the truth to yourself.

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METHODOLOGY
ISSUES & CASE STUDIES **Module 102**

Session – 5
Sexual Sin and Counseling Physical Illness

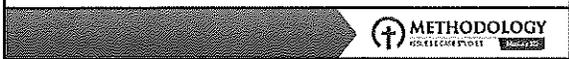
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I. Counseling Sexual Sin

1 Corinthians 6:18 ESV *(A sin against the body)*
Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body.

Hebrews 13:4 ESV *(Defiles the marriage bed)*
Let marriage be held in honor among all, and let the marriage bed be undefiled, for God will judge the sexually immoral and adulterous.



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I. Counseling Sexual Sin

1 Corinthians 6:18-20 ESV *(The Temple: Body sin)*
Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body. Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.

Matthew 5:28 ESV *(Inside Heart sin)*
But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart.



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1 Corinthians 10:13 ESV
No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.

Lesson point: There are no good reasons for a "born-again" Christian to commit sexual sin.



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1 Corinthians 6:9-11 ESV
 Or do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived: neither the sexually immoral, nor idolaters, nor adulterers, nor men who practice homosexuality, nor thieves, nor the greedy, nor drunkards, nor revilers, nor swindlers will inherit the kingdom of God. And such were some of you. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God.

Lesson Point: Sexual sin is on the serious sin list for forfeiting our eternal reward. Twice He reminds us that such sinners will not inherit the kingdom of God.



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• Leviticus 18:22 ESV
You shall not lie with a male as with a woman; it is an abomination.

Lesson Point: Sexuality and genderism is clear in the Bible. There are not exceptions!

Ephesians 5:3 ESV
 But sexual immorality and all impurity or covetousness must not even be named among you, as is proper among saints.

Lesson Point: Sexual sin (Immorality) is so serious that we should even avoid an appearance of evil.



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• 1 Thessalonians 4:3 ESV
 For this is the will of God, your sanctification: that you abstain from sexual immorality;

• Corinthians 10:8 ESV
 We must not indulge in sexual immorality as some of them did, and twenty-three thousand fell in a single day.

Exodus 20:14 ESV
 "You shall not commit adultery.

Lesson Point: We are to live a sexually pure life with a pure heart. (We should not want to commit sexual sin)



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Some counseling principles of sexual sin

1. People living in sexual sin are *telling on themselves* – spiritually! (Regardless of their reasons and purpose)
2. People who are living in or committing sexual sin should be evangelized before serious counseling correction happens.
3. People will have many excuses for sexual sin, but all of it is avoidable for a genuine Christian.
4. People who live together before marriage are immoral, even if they say they are in love. (Love does not defile another soul sexually)
5. Remember the counselee's view of intimacy usually parallels their own intimacy with God. (We can't separate them)
6. Dealing with counselees who are guilty of sexual sin is best handled by allowing the Word of God to do the speaking first.



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Steps to repentance: (Use appropriate Scriptures)

1. Humble and genuine confession is required.
2. Taking complete ownership of the sin is required – NO EXCUSES.
3. Asking for forgiveness (Vertical and Horizontal) (Note: forgiveness requires grace and a pardon and not penance to be worked off)
4. Redirecting your attention and time towards the Word of God for guidance and comfort
5. Rebuilt trust. (Trust is something you earn. Forgiveness is something you can't earn)
6. Keep submitting to godly accountability.
7. Grow spiritually. (Sexual sin scars your heart and life but you can grow in grace in the meantime.



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PROVIDE GOOD RESOURCES FOR HOMEWORK AND DISCIPLESHIP:

- A. Sexual Idolatry by Steve Galligher
- B. Finally Free by Heath Lambert
- C. The Walk of Repentance by Steve Galligher (Work)
- D. Have them keep a detailed journal of their thought life and temptations during restoration.



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II. Counseling and Physical Illnesses:

Principles to the counseling approach:

1. Never forget that life is two-dimensional; material and immaterial (Typically those who have an unbiblical approach to life say that there is a three-dimensional approach to life to justify their psychological theories.)
2. You can't treat or correct physical (biological) problems in the spiritual realm. Nor can you treat immaterial (spiritual) problems with the physical - drugs or treatments. Good to remember.
3. The brain is not the same as the mind. Brain dysfunction usually does not cause spiritual problems of the heart or deliberate sinful behavior.



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4. Chemical Imbalances are not considered to be material problems unless they can be tested and measured. Their claim of "imbalances" are part of the psychological theories of man because they continue to refuse to give proper creditability to the Holy Scriptures.
5. If there are creditable physical problems, how we respond to pain and physical trials require the same spiritual need for grace to help us and comfort us along the difficult journey.



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B. A Simple Plan With Which to Begin (By Dr. Jim Halla)

Step #1: Consider purchasing Dr. Robert Smith's book; The Medical Desk Reference

Step #2: Discuss the Situation with your pastor or a biblical counselor.

Step #3: Begin to filter medical problems through the grid of the Bible.

Step #4: Gather data on similar cases for comparison and fact finding.



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Step #5: Begin to gather data on the counselee as to motive, agenda, genuine efforts and spiritual life.

Step #6: Be sure to have a Gospel conversation with your counselee.

Step #7: Continue to do your own homework in gathering articles and other information on physical problems with these similar issues.

Step #8: Help the counsel to re-label their problem if there is little physical data to rest upon. (The psychological to the physical)

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Session – 6
Conflict Resolution in Counseling



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I. The doctrine of Conflict Resolution: (Abridged Counseling Version)

Matthew 18:15-17 (NKJV)

¹⁵ "Moreover if your brother sins against you, go and tell him his fault between you and him alone. If he hears you, you have gained your brother.

¹⁶ But if he will not hear, take with you one or two more, that *'by the mouth of two or three witnesses every word may be established.'*

¹⁷ And if he refuses to hear them, tell *it* to the church. But if he refuses even to hear the church, let him be to you like a heathen and a tax collector.

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ISSUES & CASE STUDIES Module 102

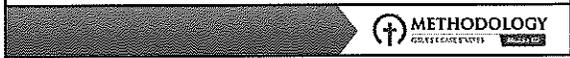
II. 4 Types of love expressed in relationships:

1) CLOSED and Unloving:

THE OFFENDED DOESN'T CARE ABOUT THE PERSON OR THE RELATIONSHIP AND DOESN'T CONFRONT AT ALL. THE RELATIONSHIP WILL DIE WITH THIS APPROACH.

2) CLOSED and Loving:

THE OFFENDED DOES CARE ABOUT THE PERSON AND RELATIONSHIP BUT IS IN FEAR (NOT TRUSTING GOD) OF HURTING OR CAUSING CONFLICT WITH THEIR SPOUSE, SO THEY DON'T CONFRONT.



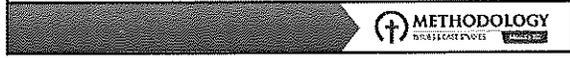
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3) OPEN and unloving:

THIS PERSON IS WILLING TO CONFRONT BY EXPLODING AND ARGUE ABOUT THE OFFENSE, BUT DOESN'T CARE ABOUT THE OTHER PERSON OR THE RELATIONSHIP. THEY ARE FULL OF SELF AND WILL ONLY FULFILL THEIR OWN AGENDA.

4) Open and Loving: (The Biblical Choice)

THE OFFENDED IS WILLING TO CONFRONT IN LOVE AND CARES ABOUT THE SPOUSE AND THE RELATIONSHIP, TRUSTING GOD AND PLACING ALL THEIR ENERGY IN RESOLVING THE CONFLICT AND PROTECTING THE RELATIONSHIP, RATHER THAN PLACING BLAME ON THE OTHER SPOUSE. GOD BEING GLORIFIED IS THE GOAL.



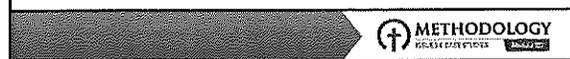
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III. The Two-fisted preparedness principle:

1. Short-term solution to conflict resolution:

Two-fisted biblical principle for dealing with relationships and reconciliation (Luke 17:3; Eph.4:32)

- **Lesson:** IN ONE HAND, LIVE EVERYDAY READY TO REPENT WHEN CONFRONTED, AND WILLING TO FORGIVE IN THE OTHER HAND. LIVING THIS WAY HUMBLY PREPARES YOU TO RESOLVE CONFLICT IN LOVE, ENJOYING A LONG AND LOVING RELATIONSHIP IN CHRIST.
- **Action:** Role play this principle in a typical conflict situation. (Use the most their most recent conflict as an example)



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ISSUES & CASE STUDIES **Module 102**

Session – 7
Counseling Dynamics & Skills



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I. The Counselors Skills:

1. Collect data and information

- Your counseling reports should reflect most of the data gathered
- Ask lots of questions before instructing and teaching
- Don't forget to investigate their spiritual life and relationship with the Savior
- **ASK FOR A COMMITMENT!** Are you willing to invest in 8 weeks or 12 weeks to resolve this? Lay out expectations early (homework, counseling time, crisis issues, etc.)



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2. Develop a list of issues

- What are the *heart issues* that need correction through repentance? (Not just behavioral changes)
- Prioritize the list of issues you collected
- For **correction**: think in terms of put off and put on (Use counseling helps if needed)



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3. Isolate the problem

- What are the reconciliations issues that will facilitate good restructuring?
- Use the Word of God and good homework to focus on the main problem. (Part A & Part B)
 - **Illustrate:**
 - Part A = FACE to FACE for guidance & direction
 - Part B = TEXT to HEART for spiritual connection

 **METHODOLOGY**
HOW TO GET IT DONE

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4. Counsel the isolated problem (one at a time)

- Resist “Talk therapy” = be biblically-minded and objective in teaching and role playing
- Think in terms of ‘put off and put on’ and allow them time to use logs, journals, homework and projects to correct each problem.
- Be prepared for counseling each week. Do YOUR homework before the session. (Work your goals)
- Set your agenda in the session. If you don’t, they will. Stay on track. You can’t fix their issues or correct a problem in one 2 to 3 hour session. Small bites with good homework is better in the change process.

 **METHODOLOGY**
HOW TO GET IT DONE

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- Don’t fear confronting sin and calling for repentance. Confrontation, confession, and repentance are at the core of counseling nouthetically. (Be gentle and sincere)
- Keep good notes: This is the most “counselor” violated area of counseling. *This usually is where liability issues are most prevalent* with counseling problem-centered (Carnal) and psychologized people.
- Rethink the list of issues and problems. Has the priority changed? Is their progress? (Get outside input into your situation)

 **METHODOLOGY**
HOW TO GET IT DONE

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5. Use good homework

- You can call it what you want, but this is where change usually happens. (This is the Part B work of the H.S.)
- **Be creative with homework**, but be very objective and focused on the biblical solution
- **No busy work.** Try to keep the homework focused on addressing the issues at hand
- **Evaluate homework** at the next session. This validates the importance of homework.
- **Don't forget to go back and gather more information** when resistance is happening in your sessions.
- **Don't forget to teach them how and what to pray.** (not just a list mentality or it's all about.

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6. Connect them.

- **Use an advocate when possible.** You assign them an advocate or allow them to find someone in their church that will help them with homework and accountability
- **Connect them to church.** Are you sure they are going to church? What are they learning? Are they being disciplined by their church (not just a program)?

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7. Encourage them.

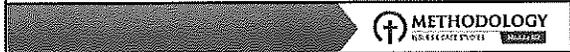
- **Always end the sessions with hope** and prayer. Read them something from scripture and encourage them on their progress or God's faithfulness in the process.
- **Humility breeds grace!**
- **Always counsel towards humility** for their spiritual stability. (Everyone should start the counseling process from the bottom up. God promises to lift you up at the proper time)

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8. Counseling lessons to incorporate:

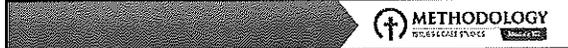
- **Biblical thinking** (Phil.4:8; Rom.12:1-2; 1Cor.2:16; Col.3:2; 2Cor.10:4-5)
- **Self-Talk with Truth** (Eph.4:15; Phil.4:8; Eph.4:20-24; Matt.4:4; 1 Cor. 4:20)
- **Biblical words & terminology** (1Cor.1, 2)
- **Theology of Suffering** (2 Corinthians 4:8-9)
- **Teach biblical Ecclesiology** of the local church. (Commitment & loyalty) (Eph.4)
- **Use Visual Theology when possible.**



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II. Attitude & Life of the Counselor:

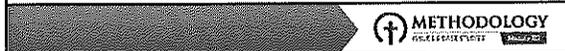
1. **You counsel because you are in the ministry of reconciliation (2 Cor.5:18)**
 - > We don't counsel others because we NEED to counsel!
2. **You are the helper, the guide and the biblical resource under the power of the Holy Spirit.**
 - > Not the judge and jury!
 - > We make evaluations and assessment to have the ability to minister to someone WHERE THEY ARE and not WHERE WE ARE!



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3. Remember to you are to be FAITHFUL in providing biblical counsel, but you should not feel pressured to be **SUCCESSFUL** in terms of their change!

- > **QUESTIONS TO ASK YOURSELF:**
 - 1) Was I biblical?
 - 2) Was the Gospel the center focus in the counseling relationship?
 - 3) Was God glorified by the counseling process?
 - 4) Was I loving and kind? (ask them often)



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4. Am I open to change in my own life?

- > Am I defensive when confronted?
- > Do I justify my behavior or confess my behavior?
- > Do I live under the authority of my pastor and elders, or do I resist authority?
- > When was the last time you inventoried your own heart?
- > Am I prepared daily to forgive and repent?
- > Ask your own Elders where they see pride or areas you need to work on.



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5. Is my own household in order?

- > Marriage?
- > Parenting?
- > Testimony in the church and community?
- > Personal spiritual growth (disciplines)
- > Am I prepared daily to forgive and repent? (Where is the secret sin issues?)
- > Do I NEED to counsel or am I content with being a servant to those in need?



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6. Am I actively serving in my own Church?

- > Good standing - membership?
- > Regularly attending?
- > In submission to the authority - leaders, and others?
- > Being disciplined myself?
- > In a Bible teaching & Bible believing Church? (Favor Biblical Counseling?)
- > Am I regularly serving at Church?



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Q& A

Thank you!

