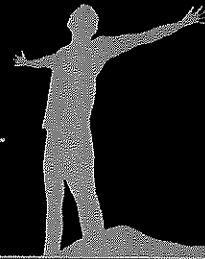


# PRACTICAL THEOLOGY



MODULE 103

Modular Intensive Training

## STUDENT HANDOUT

Fundamentals of BC - 103

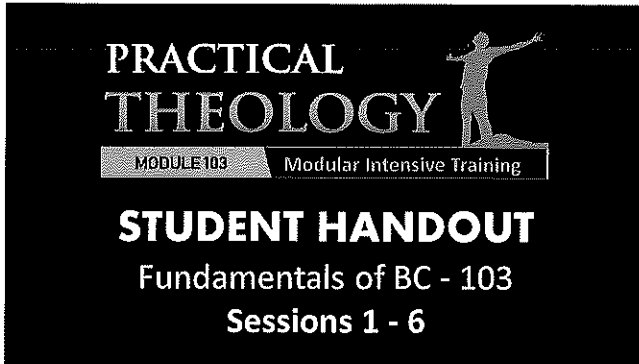
Sessions 1 - 6

*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 12 – 22 of the Self-Confrontation Man.
2. Read and write a book summary of The Christian Counselors Manual – Adams
3. Read attachments (Articles) of this Module.



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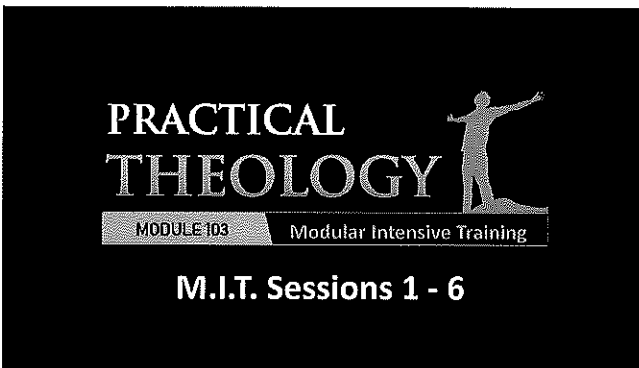
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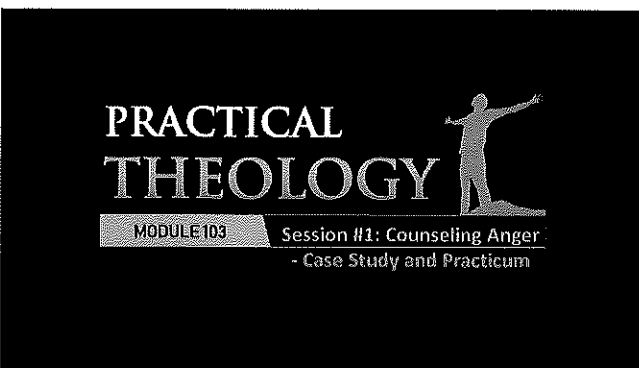
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**7 ways to determine if our anger may be a problem:**

1. Is your anger directed towards a person that hurts a relationship?
2. Is your anger adding to your bitterness or resentment?
3. Is your anger seeking vengeance or holds a grudge?
4. Is your anger judgmental or self-righteous?
5. Is your anger unforgiving or result in a critical spirit?
6. Is your anger a constant thought or reminder of your offense against someone?
7. Is your "hurt" fueling anxiety and controlling you?

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"You have heard that it was said to those of old, 'You shall not murder; and whoever murders will be liable to judgment.' But I say to you that **everyone who is angry with his brother** will be liable to judgment; whoever insults his brother will be liable to the council; and whoever says, 'You fool!' will be liable to the hell of fire."

~ Matthew 5:21-22 (ESV) ~

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"Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, **slow to wrath**"

~ James 1:19 ~

"Let all **bitterness and wrath and anger and clamor and slander be put away from you**, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you."

~ Ephesians 4:31-32 ~

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*"But now ye also put off all these;  
anger, wrath, malice, blasphemy,  
filthy communication out of your  
mouth"*

~ Colossians 3:8 ~

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**I. Two Types of Anger:**

- A. Sinful (Self righteous)
- B. Righteous (God's judgment)

**Webster: (Classic definition)**  
Anger is an emotion related to one's psychological interpretation of having been offended, wronged, or denied.

**Modern Day Interpretation:**  
Modern psychologists view anger as a primary, natural, and mature emotion experienced by virtually all humans at times, and as something that has functional value for survival. Philosophy: People have a right to sinful anger, but they don't have a right to hurt others with it.

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**II. Unbiblical View of Anger:**

**1) The Philosophical Perspective (New Age Theory)**

- > Hinduism theory (Eastern Religion)
- > Therapy: equality with nature, poverty of spirit & sobriety of life; eliminate temptations to be angry
- > Example: removing daughters' door because she slams it in anger

**2) The Fluid Perspective (Catharsis Theory)**

- > The Psychological theory (Man is good and a victim)
- > Therapy: expression by ventilation, awareness of emotions therapy, and/or supplemental medication intervention

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### 3. Anger Management Model:

Ellis' theory of Rational Emotive Behavior Therapy (REBT),  
(Ellis & MacLaren, 1998)

> ABCD method:

- 1) Activate Event (Triggers)
- 2) Belief System (Interpret and define Expectations)
- 3) Consequences (Review and respond to consequences)
- 4) Dispute (Challenge the wrong responses)

Problem: Most helpful for symptoms only. No real heart change.

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### 4. Biblical counseling approach

- > Addresses the Inner-man (heart) issues (Motivations driving behaviors) (Mark 7:20-23)
- > Theological foundation (Gospel transcendent for spiritual heart & nature change)
- > Conviction Seeking (Morally reflective & responsive)
- > Behaviorally Conjunctive (Complements internal change - Bridges motives and behaviors perfectly)

Benefits: Promotes lasting change through cooperative willingness.

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### II. ATTENTION! Three heart secrets that drive anger:

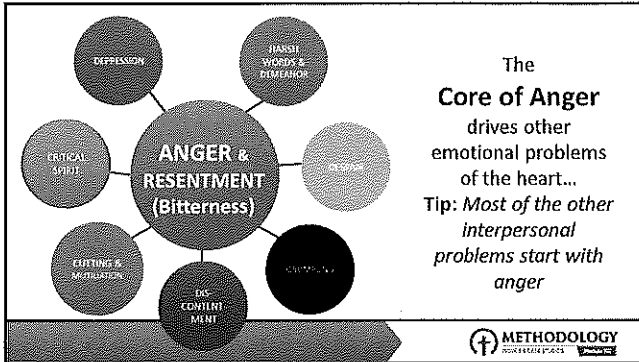
Anger is a God-given emotion. Anger is an emotional response of the "hearts desires," to...

- 1) a perceived loss of control, or
- 2) a believed violations of rights, or
- 3) perceived failed expectations of outcomes,

that are typically directed inward (seething) or outward (explosive) and are usually self-focused and sinful in nature.

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**\* A very important understanding about counseling anger:**

**#1:** Anger is not a chemical, material or psychological substance (malady), but emotionally generated by the human heart (Inner man) to communicate the condition or perception of a persons deepest beliefs and desires. (approval or disapproval)

**#2:** NOBODY can claim or blame anyone else or anything else for their sinful anger responses! It is a choice and a decision of our will that we freely make.

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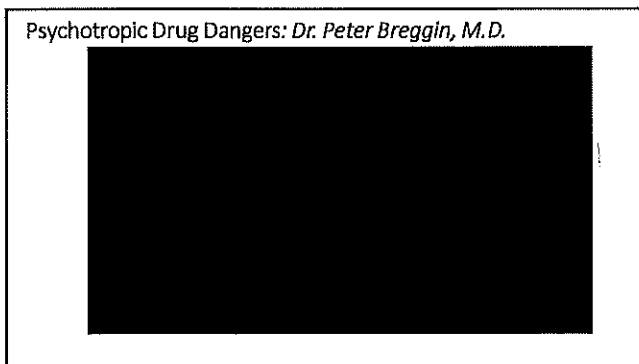
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**III. Anger is expressed in two ways: (Eph.4:31)**

A. *Thumos* = Explosive (External - ventilation) RAGE – Blowing Up

• **Illustrate: Volcano**

B. *Orgē* = Seething (Internalization) Illustrate: (Pressure cooker)

Ephesians 4:31-32

<sup>31</sup> Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. <sup>32</sup> Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

**PRACTICAL THEOLOGY**

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**COUNSELING POINT FOR PRACTICAL THEOLOGY:**

Anger is usually not the *real* problem. Anger is the *symptom* of the heart of man. Our heart is the real problem – both conditionally (pride) and theologically (belief)! Anger is the emotional response (expression) of the selfish heart and can only be changed by grace through repentance, revitalizing Truth, and constant practice in righteous living, to develop a humble and gentle disposition like Christ.

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**Example of sinful anger: Look for *real* causes**

**Genesis 4**

"Now Adam knew Eve his wife, and she conceived and bore Cain, saying, 'I have gotten a man with the help of the LORD.' And again, she bore his brother Abel. Now Abel was a keeper of sheep, and Cain a worker of the ground. In the course of time Cain brought to the LORD an offering of the fruit of the ground, and Abel also brought of the firstborn of his flock and of their fat portions. And the LORD had regard for Abel and his offering," (continued....)

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•“... but for Cain and his offering he had no regard. So Cain was very angry, and his face fell. The LORD said to Cain, “Why are you angry, and why has your face fallen? If you do well, will you not be accepted? And if you do not do well, sin is crouching at the door. Its desire is for you, but you must rule over it.”

~ Genesis 4:5-7 ~



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#### Evaluate Cain's Anger Problem:

Where is Cain's sinful issue(s)?

1) a perceived loss of control, or

*Discuss =*

2) believed violations of rights

*Discuss =*

3) failed expectations of outcomes - colliding with reality?

*Discuss =*



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#### VI. Steps to Overcoming Sinful Anger: (overview)

1) **Take responsibility** for one's own anger as originating within the heart (Galatians 5:19-20) – Call it sin and believe it!

**Read Mark 7:20-23** (see what the heart processes)

2) **Upon Repentance and reconciliation** > direct your energy towards solving the problem rather than hurting and blaming others. *(Remember: humility and anger don't co-exist)*

3) **Study and Pray** to Change what you believe or perceive in your Heart that is causing sinful anger responses. Pray Ps.139:23 daily



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**4) PUT OFF & PUT ON:** Seek godly responses to conflict and challenged that cause anger (practice repeatedly)

- > Confess your sin (Mat.7:3)
- > Inventory your motives & desires.
- > Never seek revenge
- > Speak the truth in love
- > Seek to use the offense as a opportunity to build up.
- > Ask the Lord to help you learn humility
- > Be prepared everyday to be gracious to others

**PRACTICAL THEOLOGY** Work on a biblical response to crisis before it happens

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- > Be ready to forgive – ALWAYS! (Luke 17:1-4)
- > Trust God for results and outcomes (Rom.8:28-29)
- > Start relying on His resources (Prov.3:5-6)
- > Use the proper weapons to fight the flesh (2 Cor. 10:4)
- > Practice often until it becomes your spiritual nature and not your flesh that reacts to challenges (Heb. 5:14)
- > Look for a teachable and humble spirit that does not make excuses for sin. (1 John 1:0-10)

**PRACTICAL THEOLOGY**

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### **Counseling Tips: (The connecting issues – soil)**

**#1: Practice everyday - NOT BEING OFFENDED BY ANYTHING OR ANYONE! (Romans 12:9)**

- > Being considerate in traffic or in crowds (Other-centeredness)
- > Being the last in line for meals, etc. (Other-centeredness)
- > Other "selfless" acts of love to train the self-centered heart

**#2: Do good to those who most offend you (Romans 12:14)**

- > Make a list of people who you need to be humbly reconciled with

**PRACTICAL THEOLOGY**

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**Class Practicum, Part 1:**

Write your counseling approach, questions, and methods, to include homework, for the following situations:

1. A young adult lady is angry at how her parents treated her as a child and her anger has moved from seething anger to bitterness. She is looking for some spiritual counsel to work with her venting techniques.
2. A young adult man is angry at God and himself, because he cheated on his new wife recently and is suffering serious consequences. He wants some soothing counsel to get rid of those feelings of not loving or valuing himself as much as he should.

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## QUESTIONS, COMMENTS, OR CONCERNS?

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MODULE 103

Session #2: Depression -  
Case Study and Practicum  
Learning

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**Genesis 4:1-5 (ESV)**

"Now Adam knew Eve his wife, and she conceived and bore Cain, saying, "I have gotten a man with the help of the LORD. And again, she bore his brother Abel. Now Abel was a keeper of sheep, and Cain a worker of the ground. In the course of time Cain brought to the LORD an offering of the fruit of the ground, and Abel also brought of the firstborn of his flock and of their fat portions. And the LORD had regard for Abel and his offering, but for Cain and his offering he had no regard. So Cain was very angry, and his face fell. The LORD said to Cain, "Why are you angry, and why has your face fallen?"



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**Genesis 4:7 (ESV)**

*If you do well, will you not be accepted? And if you do not do well, sin is crouching at the door. Its desire is for you, but you must rule over it."*

**Genesis 4:7 (NLT)**

*You will be accepted if you respond in the right way. But if you refuse to respond correctly, then watch out! Sin is waiting to attack and destroy you, and you must subdue it."*



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**Psalms 19:7-14 (NLT)**

THE LAW of the Lord is perfect, reviving the soul. The decrees of the Lord are trustworthy, making wise the simple. The commandments of the Lord are right, bringing joy to the heart. The commands of the Lord are clear, giving insight to life. REVERENCE FOR THE LORD is pure, lasting forever. THE LAWS OF THE LORD are true; each one is fair. They are more desirable than gold, even the finest gold. They are sweeter than honey, even honey dripping from the comb. They are a warning to those who hear them; there is great reward for those who obey them.



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• **Psalm 19:7-14 (NLT)**

How can I know all the sins lurking in my heart?  
 Cleanse me from these **hidden faults**.  
 Keep me from deliberate sins!  
**Don't let them control me.**  
 Then I will be **free of guilt** and **innocent of great sin**.  
*May the words of my mouth and the thoughts of my  
 heart be pleasing to you, O Lord, my rock and my  
 redeemer. (Proper Motive)*

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**Psalm 119:165 (NLT)**

Those who **love your law** have great peace and do not stumble.

**Proverbs 16:25 (NLT)**

There is a path before each person **that seems right**, but it ends in death.

**1 Cor. 1:25 (NLT)**

This "foolish" plan of God is far wiser than the wisest of human plans, and God's weakness is far stronger than the greatest of human strength. *(No human therapy can trump God)*

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**1 Cor. 3:18-20 (NLT)**

Stop fooling yourselves. If you think you are wise by **this world's standards**, **you will have to become a fool** (die to self) so you can become wise by God's standards. For the wisdom of this world is foolishness to God. As the Scriptures say, "God catches those who think they are wise in their own cleverness." And again, "The Lord knows the thoughts of the wise, that they are worthless

PRACTICAL  
 THEOLOGY

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**1 Cor. 10:13 (NLT)**

But remember that the temptations that come into your life are **no different from what others experience**. And God is faithful. He will keep the temptation from becoming so strong that you can't stand up against it. When you are tempted, **he will show you a way out** so that you will not give in to it.

PRACTICAL  
THEOLOGY

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**2 Tim. 3:16-17 (NLT)**

All Scripture is inspired by God and is useful to **teach (Doctrine)** us what is true and to make us realize what **(Convict)** is wrong in our lives. It straightens us out **(Corrects)** and teaches us to do what is right **(Trains)**. It is God's way of **preparing us in every way, fully equipped for every good thing** God wants us to do.

PRACTICAL  
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**2 Peter 1:2-10 (NLT)**

May God bless you with his special favor and wonderful peace **as you come to know Jesus**, our God and Lord, better and better. As we know Jesus better, his divine power gives us **everything we need** for living a godly life. He has called us to receive his own glory and goodness! And by that same mighty power, he has **given us all of his rich and wonderful promises**. He has promised that you will escape the decadence all around you **caused by evil desires** and that you will share in his divine nature. So **make every effort to apply the benefits of these promises to your life**. Then your faith will produce a life of moral excellence. A life of moral excellence leads to knowing God better.

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1 John 5:4-5 (NLT)

For every child of God defeats this evil world by trusting Christ to give the victory. And the ones who win this battle against the world are the ones who believe that Jesus is the Son of God.

PRACTICAL THEOLOGY

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**What is depression?**

Biblically speaking, depression is a feeling of hopelessness and a feeling of uselessness that a person allows to become the focus of his or her life. Depression is two-dimensional. It's a feeling plus an action or inaction.

(Robert Smith, MD)

PRACTICAL THEOLOGY

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**What is depression?**

Depression is a condition marked by feelings of dejection and/or guilt, resulting in hopelessness and cessation of activity.

(Self-Confront. Manual, page 321, I,A)

Depression is the emotional response of the human heart when reality or a perceived reality collides with the heart's expectations and desires, causing some level of depressed feelings and/or hopelessness.

(Mark Hager, TBC)

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Dr. Peter Breggin (M.D.) on the truth about  
Psychotropic Meds



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**POINT! Depression is not a disease!**

Some organic malfunctions can happen with the following problems:

- Parkinson's
- Strokes
- Multiple Sclerosis
- Epilepsy
- Head Trauma
- Lupus (SLE)
- Vitamin deficiencies (B12)
- Post-surgical changes
- AIDS
- Hepatitis

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- Hyperthyroidism
- Hypothyroidism
- Cushing's disease
- Premenstrual depression
- Viral or bacterial infections
- Certain types of headaches
- Heart disease
- Side effects of medications
- Chronic fatigue

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1. Depression from known diseases tend to differ from the more common depression that has no distinguishing characteristics on medical diagnostic tests. They, (known diseases), have clear medical causes.
2. The two types of depression (*situational or spiritual*) can usually be distinguished on the basis of the depressive experience.
3. NOTE: Most common episodes of depression are *spiritual* in nature

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**Note #1:** The medical (*situational*) depression is clear and usually simple in it's symptoms & cause.

**Note #2:** The Spiritual (*thoughts, feelings, & behaviors*) depression can be very complex in it's symptoms, to include hopeless, useless, inactivity & motivation, and suicidal thoughts.

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(6) Steps in Counseling People Suffering with Depressed Feelings, but first understand...

**Three stages of depression (depressed feelings)**

- > **Feeling low** (Emotions out of control)
- > **Living slow** or reacting low (Behaviors follow)
- > **No go** (Stilled life); (*Totally ignoring life - responsibilities & numbed emotions* (Hopeless despair)

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### 1) Inventory Thoroughly: Look for what has drastically changed in their life

- > Hebrews 2:1-5
- > When did this depression begin? (Look for incidents/trauma)
- > What recently changed or happen that started the bad feelings?
- > Keep a log of your feelings and thoughts to identify the core issue.



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### Heart questions to ask: (The most important lesson today)

- 1 – What are the three most painful things that happened to you in your life?
- 2 – If God were to freely change anything in your life (without any conditions or expectations), what would you ask Him to change about your past or present situation?
- 3 – What are the three most regrettable things in your past, that you wished would have never happen or may have had a different outcome?
- 4 – What do you want so bad you would sacrifice almost anything to get, but you know that God doesn't approve of it and you can't have it?
- 5 – What is it that you would like to do or accomplish in your life, if you knew that money wasn't an object, or sin was not an issue?



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### 2) EXAMINE – Pray and examine your heart for sin, selfish motives and **FAILED EXPECTATIONS** that are self-serving (Col. 3:2; 1 John 1:9)

- What is my relationship with the Lord *really like* (on His terms – biblically)? Do you *really* live a surrendered life to Christ? (instead of claiming being born-again, ask when did you die to yourself?)
- What specific heart sin needs to be confessed or forsaken? (Look for heart desires & secret affections)
- Isolate the main issues, or the heart's troubled areas, or incidents they may have *reacted sinfully* too. (Write them down and connect them to the bigger desires!)



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**3) SPEAK** - Talk "Truth" to yourself when feeling low (2 Cor. 10:4-5; Ps. 42:9-11)

- We *listen to ourselves* (feelings) way too much. What biblical Truth will I reflect upon for redirection in *speaking truth* to myself (self-talk)?

**4) SUMBIT** - Trust yourself to the support of fellow believers and their godly counsel (Heb. 3:13; 10:23-24; Rom. 15:14)

- Help them connect with a friend that will ask them the difficult questions (Prov. 27:5). (*Someone who believes that depression is a sin and not a disease*)

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**5) PRACTICE** - Just keep doing what is right in the process of change (1 Pet. 5:9 – Heb. 5:14)

- Your feelings will try to lead you, but if you resist and trust the Lord, feelings will follow your faith. When you keep doing what is right against your feelings, you stop the downward spiral (*do the dishes, clean the house, do your chores, go to work, etc.*).
- Trust God for the results. Focus on your faithful obedience in the process of restoration. The final product is God's business!
- Prayer and meditation on the promises of God for hope is the spiritual "Chemo Therapy" needed in fighting depression.
- #1: Challenge what you believe about God that supports your depression and, #2: Inventory your perceived rights and entitlements to be happy

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**6) REPEAT** – Keep repeating the process until you are restored and find Joy in Christ alone

- Go back to the beginning of inventorying your heart
- Keep confessing your depression to God as the sin of not trusting in Him and His Word.

**I. Recommended Homework Resources:**

- Down but Not Out – Dr. Wayne Mack
- The Self-Confrontation Manual (Lesson 18) – Complete a devotion and homework a day.
- The Bible: Read Psalm 119 and 19 – Pray the Psalms (Don Whitney's book)
- Look for YouTube depression videos by John MacArthur, David Powlison, and David Paul Tripp

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## CLOSING THOUGHT ON DEPRESSION

*The typical focus for most people with depression is getting rid of the bad feelings, not on pleasing God."*



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## PRACTICAL THEOLOGY



MODULE 103

Counseling Anxiety & Fear

SESSION #3

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## PRACTICAL THEOLOGY



MODULE 103

Session #3:  
Counseling Anxiety & Worry -  
Case Study and Practicum

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• *"But seek first His kingdom and His righteousness; and all these things shall be added to you. Therefore do not be anxious for tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own."*  
Matthew 6:33-34

**What is the antidote of sinful FEAR?**

• *"There is no fear in love; but perfect love casts out fear, because fear involves punishment, and the one who fears is not perfected in love."* 1 John 4:18

PRACTICAL THEOLOGY

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**I. God's View (Issue of Motive)**

a. **Fear and worry result from living to please yourself instead of living to please the Lord** (based on Matthew 6:25-34; 25:14-30, esp. verses 25-26; Luke 12:4; 1 Peter 3:13-16; 1 John 4:15-19).

**1 Peter 3:13-17 (ESV)**

<sup>13</sup> Now who is there to harm you if you are zealous for what is good? <sup>14</sup> But even if you should suffer for righteousness' sake, you will be blessed. Have no fear of them, nor be troubled, <sup>15</sup> but in your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you; yet do it with gentleness and respect, <sup>16</sup> having a good conscience, so that, when you are slandered, those who revile your good behavior in Christ may be put to shame. <sup>17</sup> For it is better to suffer for doing good, if that should be God's will, than for doing

PRACTICAL THEOLOGY

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b. **Instead of a sinful self-focus, you are to fear (reverence) God** (Deuteronomy 5:29, 13:4; Psalm 25:14, 33:8, 147:11; Proverbs 10:27; Luke 1:50, 12:5; II Corinthians 7:1; 1 Peter 2:17) and have a responsive concern (care) for others (based on I Corinthians 12:25; II Corinthians 11:24-30, esp. verse 28; Philippians 4:10).

• **Lesson Point:** This is a motive issue. Are you assessing your obedience on your own abilities or on your respect and honor for Christ?

PRACTICAL THEOLOGY

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## II. Your hope (Issue of Faith)

- a. God has not given you a spirit of timidity (fear) but of power and love and discipline (sound judgment) (*II Timothy 1:7*).
- b. God has promised to provide all the necessities of life as you seek to please Him (*Proverbs 3:5-10; Luke 12:22-34; Philippians 4:19*). God is always available to help you (*Psalms 55:22, 94:17-19, 145:14*), and He is firmly in control of every aspect of your life (based on *Psalms 139:1-18; Jeremiah 17:7-8, 29:11; Lamentations 3:32; Romans 8:28-29, 35-39*).

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## III. Your change (Issue of Obedience)

- a. Put off timid, fearful, and troubled thinking. Put on love and sound judgment in the power of the Holy Spirit (based on *II Timothy 1:7; I John 4:9-19, esp. verse 18*). Recognize that in Christ Jesus you have peace (*John 14:27, 16:33*).
- b. Put off self-centered concern about the future (*Matthew 6:25, 34; Luke 12:22-34, esp. verses 22-23*). Put on "doing the Word" (based on *Psalms 119:165; Matthew 6:33-34; Philippians 4:9; Hebrews 5:14; James 1:22-25*), with special emphasis given to prayer with thanksgiving (*Philippians 4:6-7; I Thessalonians 5:17-18*) and dwelling on the things of God (*Philippians 4:8; Colossians*

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## IV. Your practice (Issue of Re-habitation)

- a. In order to deal biblically with fear, you must confess your self-centered fear to the Lord (*I John 1:9*) and fulfill your responsibilities in Christ-like love (*I Corinthians 13:4-8a; Colossians 3:12-14*), regardless of your feelings (based on *II Corinthians 5:14-15; Philippians 4:6-9; I John 4:18*).
- b. To overcome worry, make a plan to accomplish today's tasks and do each task heartily as unto the Lord (*Proverbs 16:9; Ephesians 5:15-17; Philippians 4:6-9; Colossians 3:17, 23-24*).

**Point:** Talk therapy doesn't work to change us because it lacks faith in action. It assumes talking about the problem corrects the effects of the anxiety.

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## V. TEMPTATIONS TO FEAR AND WORRY

### Circumstances of life

- Impending death
- Unexpected bills
- Reduction or loss of income
- Crippling injury, prolonged illness
- Imminent surgery
- Perceived loss of a relationship
- Searching for a new church job, home, etc.
- Persecution, threats
- Children leaving home
- Difficult job or home situation

**(Lesson Point: Underlying motive is usually self-preservation – Fear; dying, loss, reputation)**

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### Mental/Spiritual

- Refusing salvation in Christ Jesus
- Planning to sin or hiding past sins
- Procrastination, indecision
- Lack of prayer
- Not knowing the future
- Focusing on changing others
- Failing to deal with another's sin in a biblical manner
- Refusing to forgive another
- Always wanting your own way
- Expecting perfection in others

**(Lesson Point: Anxiety is sometimes a passive attitude of the heart that is still rebellious and self-serving)**

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## VI. LOVE VERSUS FEAR (GOD'S WAY VERSUS MAN'S WAY)

- Man often fears the consequences of his actions and the "punishment" of life in general because he is not perfected (matured, completed) in the love of God. God's love is perfected in you when you sincerely believe in the Lord Jesus Christ, remain obedient to God's Word, and love others in the Body of Christ. *Love that is perfected in this manner casts out all your fear (based on Romans 8:35-39; 1 Corinthians 13:4-8a; 1 John 2:3-5; 4:7-8, 12, 15-21).* L. The contrast between love and fear (sample list)

- **Lesson Point:** The peace comes from a repentance of self-focused fear to a biblical agenda of thinking and acting in other-centeredness – which is true love!

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**A. GOD'S WAY (LOVE – other-centered)**

- A. Love looks for opportunities to give (*John 3:16; 1 John 3:16-18*).
- B. Love lays down its life for others (*1 John 3:16*).
- C. Love believes all things (*1 Corinthians 13:7*).
- D. Love never fails (*1 Corinthians 13:8a*).

**B. MAN'S WAY (FEAR – self-centered)**

- Fear keeps a wary eye on possible consequences of involvement.
- Fear will not take personal risks to help another.
- Fear is highly suspicious.
- Fear occasions greater fear - failure to assume responsibilities brings more fear.

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**Lesson Point:**

The bottom line biblically concerning Panic Attacks & Fear Experiences is a **PREOCCUPATION and PRESERVATION OF SELF!** Love of Self over love of others in heart and actions.

**VII. OVERCOMING FEAR AND WORRY**

To overcome any problem, including fear and worry, you must discipline yourself for the purpose of godliness (*based on 1 Corinthians 3:19-20; Philippians 4:6-9; 1 Timothy 4:7-8; II*

*Corinthians 13:1-2; James 1:22-25, 4:17; 1 John 4:18*)

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**1. Think biblically**

- Remember that God has promised to care for you in any situation, no matter how unsettling it may seem (*Psalms 23:1-6, 37:5; Proverbs 3:25-26; Matthew 10:28-31; 1 Corinthians 10:13; Romans 8:36-39*).
- Confess all sinful thoughts to God (*1 John 1:9*) and ask for His help in changing this sinful pattern (*based on 1 Thessalonians 5:17; Hebrews 4:15-16; James 1:5*).
- Rejoice (*1 Thessalonians 5:16*) and give thanks in and for every situation (*Ephesians 5:20; 1 Thessalonians 5:18*), knowing that endurance in trials helps conform you to the image of Christ (*based on Romans 5:3-5; James 1:2-4*).

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- d. Remember that God's forgiveness of you is the basis for you to forgive others (*Matthew 18:21-35; Ephesians 4:32; Colossians 3:13*).
- e. Remember that your love for others demonstrates the love that you have for God (*1 John 2:9-11; 3:14-16; 4:7-11, 20-21*).
- f. Focus your thoughts on glorifying and pleasing God and on being a blessing to others in all situations (*based on Matthew 22:37-39; Luke 9:23-24; 11 Corinthians 5:9, 15; 10:5; Galatians 5:16-17; Philippians 2:3-4, 4:8; Colossians 3:1-2*).
- i. Think of ways you can encourage other believers that can stimulate them to love and good deeds (*Hebrews 10:23-25*).

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### •Practical Theology: (2 Cor. 10:5)

- List typical bad thinking before and during fear experiences
- List proper biblical (Phil.4:8) thinking as a replacement of bad thinking.
- Practice putting off and putting on in the transition
- Journal the process for accountability

#### Resources:

1. Biblical thinking bookmark
2. Changing your thought patterns booklet

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## 2. Speak biblically (Self-talk principle)

- a. Confess to the Lord your sins of fear and worry. Confess your sins to those whom you have failed to love in a biblical manner, including the sins of failing to complete your responsibilities. Confess any other remembered sins that you have failed to confess earlier (*based on Psalm 51:14; James 5:16; 1 John 1:9*).
- b. Do not speak about your past accomplishments (*Proverbs 27:2, 30:32; 11 Corinthians 10:18*), sorrows or defeats (especially those linked to fear and worry) (*Philippians 3:13-14*), anxiety about the future (*Matthew 6:34*), comparing yourself to yourself and/or others (*11 Corinthians 10:12*), or boastfully promising what you will do in the future (*Proverbs 27:1; James 4:13-16*). Instead, edify others by thankfully speaking of the goodness of the Lord and the recent difference He has made in your life (*Luke 10:20; Ephesians 4:29; Hebrews 13:15; 1 Peter 3:15*).

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**Do not slander, gossip, quarrel, or use words that do not edify others** (*Proverbs 10:18; Ephesians 4:29, 31; 5:4; Colossians 3:8; II Timothy 2:24; I Peter 2:1*). Instead, let your speech be truthful and gracious, according to the need of the moment, that you may know how to answer each person (*Ephesians 4:15, 25, 29; Colossians 4:6*).

d. **Do not bring up another's sin in an accusing or vengeful manner**, either to others, yourself, or to the person who has sinned (*Proverbs 10:18, 17:9, 20:19; Ephesians 4:29, 31; Colossians 3:8; I Peter 2:1*).

e. **Encourage reconciliation with God and others**, whenever biblically appropriate to do so (*Matthew 5:9, 23-24; Romans 12:18; II Corinthians 2:6-8, 5:18*).

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### 3. Act biblically (*Functional theology*)

a. **Forgive others** just as God has forgiven you (*Ephesians 4:32; Colossians 3:13*).

b. **Memorize Scripture verses** and study Scripture passages specifically related to fear, worry, biblical love, abiding in God, and trusting in Him (*based on Psalm 119:9, 11, 16; II Corinthians 10:5; Philippians 4:8; II Timothy 2:15*). Memorize psalms, hymns, and spiritual songs that can be used whenever you are tempted to fear or worry (*based on Ephesians 5:19-20; Colossians 3:16*).

c. **Understand the power of your emotions and resist obeying them and/or reacting to them.** (Teach your counseling about the emotions they are not our friends in change)

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c. **Pray always with thanksgiving** (*Philippians 4:6; I Thessalonians 5:17-18*) and according to God's will (*I John 5:14-15*). Humbly submit to fellow-believers (*I Peter 5:5*) and to the Lord (*I Peter 5:6*), cast all your cares on Him (*I Peter 5:7*), and pray for those who persecute you (*Matthew 5:44*).

d. **Identify all danger signals** - such as situations, places, and personal contacts that bring temptation - and take immediate steps to eliminate, flee, or resist the temptation (*based on Psalm 1:1; Proverbs 27:12; I Corinthians 15:33; II Timothy 2:22; James 4:7; I Peter 5:8-9*).

e. **Make amends for wrongdoing and seek reconciliation** with those you have offended (*based on Matthew 5:23-24*). Remember that although you have already confessed your sins (*see 2. a. above*), you need to

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•f. Bless others through tangible and genuine expressions of biblical love and service (this includes your daily responsibilities as a family member, student, employer, employee, roommate, etc.) *(based on Matthew 7:12; Romans 12:9-13, 15-16; 13:8-10; 1 Corinthians 13:4-8a; Philippians 2:3-8; 1 Timothy 6:17-19; 1 Peter 3:8-9; 1 John 3:18).*

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g. Whenever necessary, conduct a "conference table" using the plan outlined in OVERCOMING PROBLEMS THROUGH BIBLICAL COMMUNICATION (GUIDELINES FOR CONDUCTING A CONFERENCE TABLE) (Lesson 15, Pages 6-9).

h. Correct deficiencies in your life that exist because of a lack of discipline or neglect *(based on Colossians 3:1-17; 1 Timothy 4:7b; James 4:17).*

i. If you need help, ask a Christian friend to hold you accountable in carrying out your basic and contingency plans until you have established a new pattern of godly living *(Proverbs 27:17; Ecclesiastes 4:9-10; Hebrews 10:23-25)*. If necessary, seek biblical counsel from others *(Proverbs 11:14, 15:22)*. *(Advocates maybe?)*

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j. Quickly fill the many voids created by putting off the old patterns of fear and worry with a vigorous program of living righteously and spending much time with other believers *(1 Timothy 2:22; Hebrews 10:23-25)*.

k. Keep track of all you do this week by using MY PRESENT SCHEDULE (Supplement 15). At the end of the week, evaluate your activities and then decide which ones need to be eliminated.

l. Determine which biblical tasks and responsibilities have been neglected and need to be incorporated into your next week's schedule.

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Christians don't have to be caught off guard in life. They prepare by a steady diet of God's Word for Maturity in Sanctification, while they practice responding biblically to their circumstances, both good and evil. (Dr. Rich Thomas, *The Heart of Man & Mental Disorders* – pg.771)

#### Process for counseling Panic Attack Disorders:

- 1) Confront unloving attitudes in one's life
- 2) Confess them in repentance
- 3) Exam for control of God's Spirit in your life
- 4) Evaluate your growing in God's Word
- 5) Walk in "Open Love" towards God and others
- 6) Practice and prepare for responding biblically to life, both good and

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#### Summary:

- 1 - Anxiety Attacks (Fear Experiences) are usually the result of high self-love & self preservation obsessions.
- 2 - Anxiety Attacks (Fear Experiences) are usually allowed to develop early in the mind that is not fixed on Biblical Reality.
- 3 - Anxiety Attacks (Fear Experiences) can be eliminated ultimately when the Christian is *willing* to biblically change what they think, how they think and address why they think the way they do **BEFORE**

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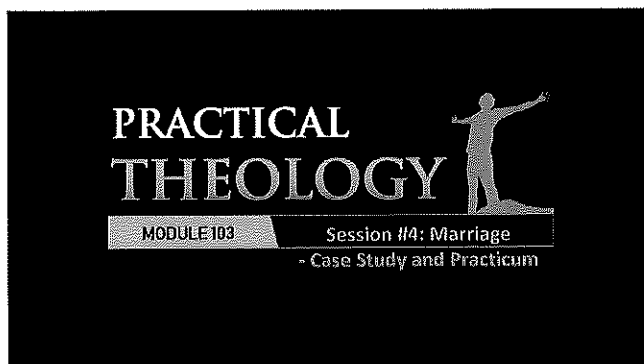
#### Using the Anxiety Journal (Lou Priolo)

Illustrate: *Hard Copy Sample*

#### Case Study (Practicum) - Adams

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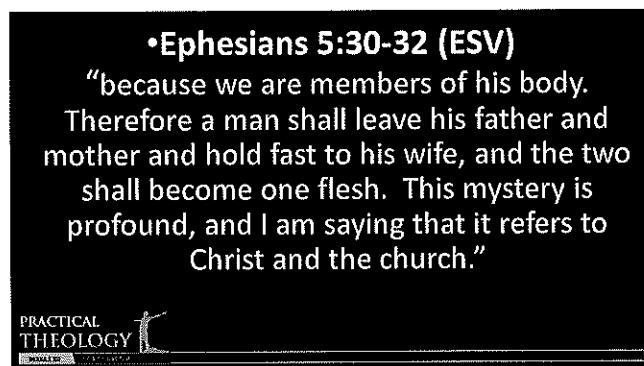
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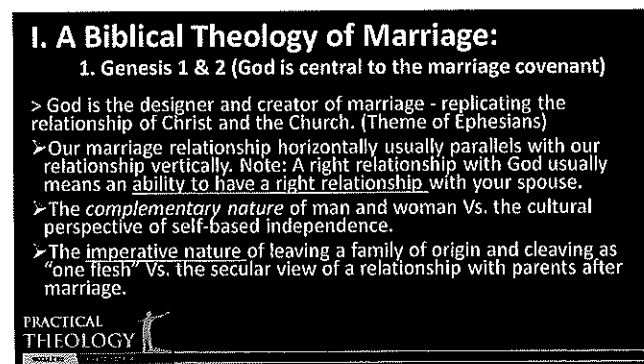
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## I. A Biblical Theology of Marriage:

### 2. Genesis 1:26-28

- A. We are image-bearers of God.
- B. We have dominion as servants of God
- C. We have procreation responsibilities

**Lesson Point:** Because of the “one-flesh” transition that happens in marriage, both husband and wife are part of the problem and part of the solution in solving marriage conflict.



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## II. Biblical Roles: Ephesians 5:22-33 (ESV) – TEXT DISCUSSION

- 22 Wives, submit to your own husbands, as to the Lord.
- 23 For the husband is the head of the wife even as Christ is the head of the church, his body, and is himself its Savior.
- 24 Now as the church submits to Christ, so also wives should submit in everything to their husbands.
- 25 Husbands, love your wives, as Christ loved the church and gave himself up for her,
- 26 that he might sanctify her, having cleansed her by the washing of water with the word,
- 27 so that he might present the church to himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish.



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## II. Biblical Roles: Ephesians 5:22-33 (ESV) - Continued

- 28 In the same way husbands should love their wives as their own bodies. He who loves his wife loves himself.
- 29 For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church,
- 30 because we are members of his body.
- 31 “Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh.”
- 32 This mystery is profound, and I am saying that it refers to Christ and the church.
- 33 However, let each one of you love his wife as himself, and let the wife see that she respects her husband.



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**II. Biblical Roles:** Ephesians 5:22-33 (ESV) (The Challenge)

- 1) Ephesians places an order of function in the family system (Temporal Function)
- 2) Gal. 3:26-28 places an equal system of value in the family system

> NOTE: Weak evangelicals believe that Gal.3:26-28 gives a woman rights to lead the family and the church. Not true! Sincere people confuse their value verses function in biblical roles. Expect this common philosophy from most "Christians" in counseling.

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**2. Three typical reasons for godless marriages:**

- 1) Our spiritual immaturity (2 Cor. 3:1-3)
- 2) Our unbelief or selfishness (Heb. 3:12-14)
- 3) Trapped in the Horizontal and forgetting God's glory (Gen.2:24; Mark 10:8-9)

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**III. Manhood & Womanhood:**

**A. What is a biblical theology of gender?**

- 1) Man and women are created (Gen.1:26-31) differently and for individual purposes.
- 2) Discuss genderism challenges today. (Gen.3)
- 3) It is not only spiritual and biblical, it is biological
- 4) Gender dictates specific ordained roles in the marriage covenant. (Gen. 1-3)

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### III. Manhood & Womanhood:

#### B. Biblical Masculinity and Femininity (1 Peter 3:1-7)

- 1) Manhood and Womanhood have distinctive roles (Name some clear biblical distinctives)
- 2) Godly submission is powerful, beautiful and rewarding (*Look at it as voluntary yielding*)
- 3) Godly leadership is considerate and selfless
- 4) In the spirit of 1 Peter 3 discuss Ephesians 5
- 5) Discuss 1 Tim.5:14; Eph.6:4, for role differences



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### IV. Sexuality in Marriage:

#### A. God's purpose for sex in marriage (Gen.2:16)

- > Sex provides a physical expression of the overall union that marriage creates - emotionally, relationally, spiritually, intellectually.
- > A good resource: Sex, Romance, and The Glory of God by C.J. Mahaney.
- > Sex is usually the number one reason for marriage and the number one first conflict in the marriage.



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#### B. Three biblical reasons for sex in marriage:

- 1) A healthy expression of intimacy for God's creation (1 Thess. 4:3-5)
  - a) Intimacy includes love, gentleness, respect, selflessness, and communications.
  - b) Sex is the act of selfless *giving* in intimacy rather what you gain from the experience.
  - c) Sex should be as honest and selfless to your spouse as it is in your own relationship is to Christ.



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**B. Three biblical reasons for sex in marriage:****2) Procreation** (Gen.1:28; Psalm 127:3-4)

- a) Children are a clear sign of the blessing of the Lord. (Gen.33:5)
- b) Children assist in solidifying the marital relationship
- c) Children are part of God's provision to aging married couples (Prov. 3:9; Lev. 19:3; Matt. 15:4)



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**B. Three biblical reasons for sex in marriage:****3) Pleasure** (Song of Solomon 1:13,15-16; 2:16)

- a) All of the sex enjoyment is reserved and cast upon your spouse alone. (No fantasizing or lusting in the heart)
- b) Physical Sexuality is expressed with one another at the appropriate level that does not violate your spouse's conscience or comfort level
- c) Question: Are you comfortable that your "liberal" sexuality brings God the most glory?



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**Description:** "A biblical marriage is best understood as a sacred trichotomous relationship; **Husband, wife, and God!** Where two people die to self to become one in Christ"

1) Your early conversation needs to move in that direction – dying to self.

2) Inventory their understanding of how marriage is biblically defined. This will help them better submit to biblical goals and objectives that please the Lord.



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## I. Marriage counseling dynamic

### ➤ Three working principles

- 1) *Unify what you believe about God and marriage (Eph. 5:21-25)*
- 2) *Communicate biblically in the trichotomous relationship (Eph. 4:15; James 4:11; Eph. 4:29)*
- 3) *Be committed to expression of biblical love and grace to one another. (Rom. 12:10; 1 Cor. 13:4-7; 1 John 2:5; Col. 4:6)*



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## II. Major Stumbling Blocks in the marriages in Conflict:

- 1) Unforgiveness or bitterness
- 2) Resentment: Functioning long-term with wrong biblical roles (Confusing Value with Function – Gal. 3:26-28)
- 3) Expecting “singleness rights and freedoms” in a oneness relationship (*No death of self before having a communion relationship with spouse*)
- 4) Good old fashion selfishness



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## IV. Marriage Counseling Principles:

1. Married couples are both part of the solution to marital conflict and should not be counseled alone.
  - a. Face to face confrontation is the best way to resolve conflict
  - b. Facts are verified by the spouse
  - c. Forgiveness and confession happen immediately and worked out in front of the counselor
  - d. Gossip is eliminated by couples counseling together
  - e. Couples can work on marriage homework and restoration together in practice for resolving conflict in the future.
  - f. Both parties have some responsibility in the conflict.



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2. The marital couple in conflict should agree on the biblical purpose for their counseling outcome. (Eph. 5:10; 1 Cor. 10:31)

3. Marriage counseling where the Spouse is not attending, should be counseling from a 1 Peter 3 perspective (mission driven obedience)

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#### • 1 Peter 3:1-7 (ESV)

<sup>1</sup> Likewise, wives, be subject to your own husbands, so that even if some do not obey the word, they may be won without a word by the conduct of their wives,

<sup>2</sup> when they see your respectful and pure conduct.

<sup>3</sup> Do not let your adorning be external—the braiding of hair and the putting on of gold jewelry, or the clothing you wear—

<sup>4</sup> but let your adorning be the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God's sight is very precious.

<sup>5</sup> For this is how the holy women who hoped in God used to adorn themselves, by submitting to their own husbands,

<sup>6</sup> as Sarah obeyed Abraham, calling him lord. And you are her children, if you do good and do not fear anything that is frightening.

<sup>7</sup> Likewise, husbands, live with your wives in an understanding way, showing honor to the woman as the weaker vessel, since they are heirs with you of the grace of life, so that your prayers may not be hindered.

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#### 4. Love is the goal in marriage

> Love God

> Love your spouse

> Love your neighbor

> *Even*, Love your enemy

(True selfless love differentiates *professing* Christianity from *confessing* Christianity)

#### 5. Determine which view of marriage is primary in function:

View 1: CONTRACTUAL (Performance/responsibility focused)

View 2: COVENANTAL (Person/service focused)

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**V. The Most Damaging Myths about Marriage Counseling:**

**Myth #1:** You need to learn more communications skills.

**Myth #2:** There is no hope if your marriage is on the brink of separation and divorce.

**Myth #3:** You can't start saving your marriage if your spouse is not interested.

**Myth #4:** Time heals all things!

**Myth #5:** A conflict free marriage is a good marriage.

**Myth #6:** The best prayer for a broken marriage is asking God to heal my marriage.

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**VI. Biblical Principles for Marriage:**

1. Marriage is a sacred covenant to God and should be viewed as a single spiritual relationship of unity instead of a partnership of two individuals. (Gen.2:24; Matt.19:5; Mark 10:7-8; Eph.5:31)

2. Marriage is designed to function properly in biblical roles (Eph.5)

3. Marriage is the union of two individuals into a single oneness relationship, with one purpose for Christ (Gen.2:24)  $1 + 1 = 1$

4. Marriage is an earthly picture of the relationship between Christ and the Church – Deep oneness! (Eph.5:22-25)

5. Marriage is a spiritual and legal process of joining two individuals into a union of oneness for Christ. (Matt.19:8; Romans 13:1-10)

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**VII. Marital Expectations in Conflict Resolution:**

1. Most marital problems develop from failed and/or false expectations.

2. Some marital problems become the central focus of the marriage relationship.

3. Good marital expectations begin with biblical Truth.

4. You don't have to particularly "totally reconciled" to your spouse in order to work together on the marriage relationship for Christ.

5. Marriage restoration & reconciliation will restore the original passions and privileges as before the conflict.

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**VIII. The Marriage Counseling Checklist:**

1. Have a common goal: Ephesians 5:10
2. Allow the Bible to define your marriage relationship, rather than your feelings and past influences. (Mt.4:4)
3. Make the Gospel a major part of your personal and married life. It produces humility and grace. (Luke 9:23)
4. Learn to be selfless in your love and service to one another (Eph.5:22-33) – serve without expecting reciprocal responses.
5. Grow in your love for God. It always affects all other aspects and relationships. (2Pet.3:18) Loving God produces love for spouse. (1 John 2:9)

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**IX. Marriage Counseling Steps:**

1. Set the rules of engagement for respectful communications in the counseling room.
2. Establish clear biblical goals and objectives in the counseling relationship and reconciliation
3. Listen to their stories (one at a time, asking questions, and making notes)
4. Have them write a list of offenses and issues that need to be resolved.

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5. Teach them about forgiveness and repentance
6. Address one issue (offense) at a time, switching back and forth between the husband and wife.
7. Encourage confession and forgiveness as these offenses are discussed – over and over
8. **Role play** the proper responses in reconciliation.
9. Give good homework (Part B of the counseling session)
10. Give lots of hope (Closing wounds you opened)

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# •Q & A



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## PRACTICAL THEOLOGY



MODULE 103

Counseling Parenting  
– Case Study & Practicum

SESSION #5

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### • Deuteronomy 6:4-9 (ESV)

<sup>4</sup> "Hear, O Israel: The LORD our God, the LORD is one.

<sup>5</sup> You shall love the LORD your God with all your heart and with all your soul and with all your might.

<sup>6</sup> And these words that I command you today shall be on your heart. <sup>7</sup> You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise.

<sup>8</sup> You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes.

<sup>9</sup> You shall write them on the doorposts of your house and on your gates.



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• Ephesians 6:1-4 (ESV)

- <sup>1</sup> Children, obey your parents in the Lord, for this is right.  
<sup>2</sup> "Honor your father and mother" (this is the first commandment with a promise),  
<sup>3</sup> "that it may go well with you and that you may live long in the land."  
<sup>4</sup> Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.



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• II. Defining a Parenting Model in Simple Terms:

A parenting plan is the intentional biblical development of a structured and organized Gospel-centered family system to gracefully manage, influence, and train children for the purpose of glorifying God in preparation for godliness and responsible adulthood.



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III. Fundamental Parenting Models:

**Management model** = Worldly default system alone, and can be spiritually destructive without God (1 Tim.3:5)

**Influencing model** = Necessary element of training, but limited because of trusting religious & moral exposure alone (1 Cor.15:33)

**Biblical Training model** = Impacting and the best default system for greatest exposure to the Gospel and God's Word, but sometimes lacks intentional relationship elements. (Duet.6:4-9)



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**IV. The best resources for a "parenting model" development:**

***Teach Them Diligently:* (Table of Contents) by Lou Priolo**

- > The Scriptures and Your Children
- > Teaching the Scriptures
- > Convicting With The Scriptures
- > Training with the Scriptures
- > The Rod and Reproof
- > Learning to Use Life's Instruction Manual



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**V. The best resources for parenting plan development:**

***What Does the Bible Say About Parenting***

By John MacArthur ([www.gty.org](http://www.gty.org))

**The Self-Confrontation Manual (Lesson 16 & 17)**

*Parent-Child Relationships* – Part 1 & 2

([www.bcfministries.org](http://www.bcfministries.org))



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**V. The best resources for parenting plan development:**

***Shepherding a Child's Heart* – Paul Tripp**

**Table of Contents:**

- **Part 1 – Foundations for Biblical Childrearing**
- 1. Getting to the Heart of Behavior
- 2. Your Child's Development: Shaping Influences
- 3. Your Child's Development: Godward Orientation
- 4. You're in Charge
- 5. Examining Your Goal
- 6. Reworking Your Goals
- 7. Discarding Unbiblical Methods



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## V. The best resources for parenting plan development:

*Shepherding a Child's Heart – Paul Tripp*

### Table of Contents:

- Part 1 – Foundations for Biblical Childrearing
- 8. Embracing Biblical Methods: Communication
- 9. Embracing Biblical Methods: Types of Communication
- 10. Embracing Biblical Methods: A Life of Communication
- 11. Embracing Biblical Methods: The Rod
- 12. Embracing Biblical Methods: Appeal to the Conscience
- 13. Shepherding the Heart Summarized

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## V. The best resources for parenting plan development:

*Shepherding a Child's Heart – Paul Tripp*

### Table of Contents:

- Part 2 – Shepherding Through the Stages of Childhood
- 14. Infancy to Childhood: Training Objectives
- 15. Infancy to Childhood: Training Procedures
- 16. Childhood: Training Objectives
- 17. Childhood: Training Procedures
- 18. Teenagers: Training Objectives
- 19. Teenagers: Training Procedures

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## VI. An biblical overview of Family Religion:

### 1. Genesis 18:19 (ESV)

<sup>19</sup> For I have chosen him, that he may command his children and his household after him to keep the way of the LORD by doing righteousness and justice, so that the LORD may bring to Abraham what he has promised him."

- **Lesson Point:** Model Christianity (a repentant and humble life) in relationship to your family, to validate genuine biblical family religion.

- Model love and forgiveness

- Model grace and truth

- Model obedience and commitment

- Live out the Gospel in "real time" in front of the family

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• 2. Exodus 12:21-28 (ESV)

<sup>21</sup> Then Moses called all the elders of Israel and said to them, "Go and select lambs for yourselves according to your clans, and kill the Passover lamb."

<sup>22</sup> Take a bunch of hyssop and dip it in the blood that is in the basin, and touch the lintel and the two doorposts with the blood that is in the basin. None of you shall go out of the door of his house until the morning.

<sup>23</sup> For the LORD will pass through to strike the Egyptians, and when he sees the blood on the lintel and on the two doorposts, the LORD will pass over the door and will not allow the destroyer to enter your houses to strike you.

<sup>24</sup> You shall observe this rite as a statute for you and for your sons forever.

<sup>25</sup> And when you come to the land that the LORD will give you, as he has promised, you shall keep this service



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• <sup>26</sup> And when your children say to you, 'What do you mean by this service?'

<sup>27</sup> you shall say, 'It is the sacrifice of the LORD's Passover, for he passed over the houses of the people of Israel in Egypt, when he struck the Egyptians but spared our houses.'" And the people bowed their heads and worshiped.

<sup>28</sup> Then the people of Israel went and did so; as the LORD had commanded Moses and Aaron, so they did.

• **Lesson Point:** Family religion is a place where the *story of Christ* is told over and over to your children until it becomes their own personal story.



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3. Exodus 20:8-10 (ESV)

<sup>8</sup> "Remember the Sabbath day, to keep it holy. <sup>9</sup> Six days you shall labor, and do all your work, <sup>10</sup> but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates.

> **Lesson Point:** Family religion is more than church attendance on Sunday. Make your home reverent and God-honoring!



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## 4. Joshua 24:15 (ESV)

<sup>15</sup> And if it is evil in your eyes to serve the LORD, choose this day whom you will serve, whether the gods your fathers served in the region beyond the River, or the gods of the Amorites in whose land you dwell. But as for me and my house, we will serve the LORD."

• **Lesson Point:** family religion is developed by creating an environment of (trust) faith in action.

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## 5. 1 Corinthians 16:15 (ESV)

<sup>15</sup> Now I urge you, brothers—you know that the household of Stephanas were the first converts in Achaia, and that they have devoted themselves to the service of the saints—

• **Lesson Point:** Family religion does not settle for "spiritual security" alone in one's journey of faith, but prayerfully desires a genuine repentant devotion and commitment to Christ.

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## 6. James 1:27 (ESV)

<sup>27</sup> Religion that is pure and undefiled before God, the Father, is this: to visit orphans and widows in their affliction, and to keep oneself unstained from the world.

• **Lesson Point:** Family religion that glorifies God is exuberant in the loving work of the Lord and is *free from worldly influences* that so easily entangles the family away from God.

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• VII. Tips & Truths about Marriage, Family, and Parenting: (Random listings)

A. "Good marriages" usually produce strong families. (Eph. 5:22-24)

B. "Bad kids" are usually a product of weak parenting. (2 Sam. 6:1-7)

C. Habitual sinfulness and cycles of bad behaviors in your children are always a *spiritual issue at some level*. (Jer.17:9)

D. Rules without relationship will usually lead to *rebellion and resentment* in children. (Eph.6:4)

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E. **Effective parenting:** The only person you can control in the family relationship is YOU! (Matt.7:1-5)

F. Because of the "**Leave and Cleave**" imperative in Scripture, God never intended for us to parent **adult children**. (*You are not their first solution to their problems – God is their first solution!*) (Gen. 2:24)

G. **Influencing principle:** The two most spiritual things you can model in the family relationship is to be *willing to forgive* and *ready to repent*. (Eph. 4:29-32)

H. **The prayer principle:** Be regular in asking God to change YOU and not your circumstances! (Phil. 4:11-13) *Note: Prayer always changes YOU, not God. Life is better when you understand that.*

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I. **Training issue:** Never try to fix a problem or talk through an issue or conflict while you are angry. (Prov. 29:22)

J. **Influencing issue:** Christian marriage & family are visible pictures on earth of the invisible reality of Christ and His Church. *Always* solve your problems and issues with that in mind! (Eph.4-5)

K. **Changing issue:** Try to devote all of your energy towards finding the biblical solution to a problem in your family, rather than wasting your time and energy on *blaming one another!*. (Eph. 5:10)

L. **Philosophical Issue:** The more divided the parents are in parenting, the more emotional and rebellious the minor children will function. (Isa.50:7)

M. **Foundational Issue:** The Bible interprets reality perfectly! Trust it with your whole life because it *always* speaks for God! (Ps.19:7-10)

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Paul Tripp – Parenting with grace & law




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MODULE 103

Session #6

Counseling Addictions (Life-  
dominating Sin) – Case  
Studies & Practicum

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**Pop Quiz –**

1. What is the difference between eclecticism, integration and Christian psychology?
2. Why is anthropology a big issue in biblical counseling?
3. Why is sufficiency of scripture so important in biblical counseling?
4. What is Pre-counseling?
5. What is the single most important part of successful biblical counseling?
6. What is the counseling philosophy behind the terms, Sin or Sickness, when it pertains to these popular people problems Depression, Anxiety, Anger, Addictions, ADD/ADHD, Bi-Polar Disorder, and Chemical Imbalances)

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**•True or False?**

1. If you want to help an addict, start with the addictive behavior?
2. Addictions to Porn, Gambling, and Substance abuse are similar but not the same in the counseling approach.
3. The Gospel can fix addiction problems almost all of the time.
4. God always delivers the habits and behaviors a person when He delivers their souls in salvation.

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- 5) The problem with addictions counseling is that we need more specialists to represent ALL areas of addictions to be effective.
- 6) Addictions has more to do with habits and choices than relationships.
- 7) Addictions is only a disease of bad choices.
- 8) The word "Addiction" is a medical term that is used by the pseudo science world of psychology.

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- 9) Once an addict, always an addict!
- 10) Once a sinner, always a sinner!
- 11) Addictions is always a matter of the will and not the heart.
- 12) The main problem with "addictions" is that it can kill you!
- 13) The secular models of addictions counseling only lack God in their approach to be successful.

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### Helping People Who Lust After Pleasure

• 2 Tim. 3:1-4 (ESV)

*But understand this, that in the last days there will come times of difficulty. [2] For people will be lovers of self, lovers of money, proud, arrogant, abusive, disobedient to their parents, ungrateful, unholy, [3] heartless, unappeasable, slanderous, without self-control, brutal, not loving good, [4] treacherous, reckless, swollen with conceit, lovers of pleasure rather than lovers of God,*




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### Addictions defined:

**SECULAR:** People who are inordinate about their pleasures and habits (Inordinate = Exceeding reasonable limits; Immoderate; Excessive; Not regulated; disorderly)

**Biblical Terms:** Idolaters; habituated; Lusting; Dependent; Worship Disorder; Life Dominating Sin.




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1 Cor. 10:5-8 (NLT)

Yet after all this, God was not pleased with most of them, and he destroyed them in the wilderness.

[6] These events happened as a warning to us, so that we would not crave evil things as they did [7] or worship idols as some of them did. For the Scriptures say, "The people celebrated with feasting and drinking, and they indulged themselves in pagan revelry." [8] And we must not engage in sexual immorality as some of them did, causing 23,000 of them to die in one day.




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• Hebrews 11:24-25 (NLT)

It was by faith that Moses, when he grew up, refused to be treated as the son of Pharaoh's daughter. [25] He chose to share the oppression of God's people instead of *enjoying the fleeting pleasures of sin*.



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• 1 John 2:15-17 (ESV)

Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. [16] *For all that is in the world—the desires of the flesh and the desires of the eyes and pride in possessions—is not from the Father but is from the world.* [17] And the world is passing away along with its desires, but whoever does the will of God abides forever.



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**Indication of being “addictions oriented” and struggling with a lack of Self-control: Typical Reasons:**

1. You are *feeling oriented* rather than *obedience oriented*.
2. You are emotional about most things in life. Your feelings are in charge!

**Lesson Point:** The more you regard a pleasure more than God, the more in bondage you become to that pleasure.

3. You have many rights and entitlements in everyday life
4. You are self-focused in your thinking and life in general
5. You haven't experienced dying to self as the primary spiritual agenda in your walk with Christ



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**1. Ask good questions to probe the heart:** Review the handout and inventory questions attached

**2. Give Good Homework:** See the printout attached for a system of assigning quality homework (Discuss 1 -10)

**3. Memorize Romans 6:** Over 50% of dependent people repent who memorize all 23 verses of Romans 6

**4. Review - Counseling the Problem Biblically:** (Attached)

**5. Work carefully through the SCM, Lessons 20 & 21**

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**The big umbrella of understanding freedom from ALL "addictions."**

**Answer:**

*To be freed from any addiction is to be a faithful slave and worshipper of Christ!*

**Secret tip: To get out of one is to get into the other!**

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### Module 103 HOMEWORK:

**1) Read articles and review forms attached to the class notes**

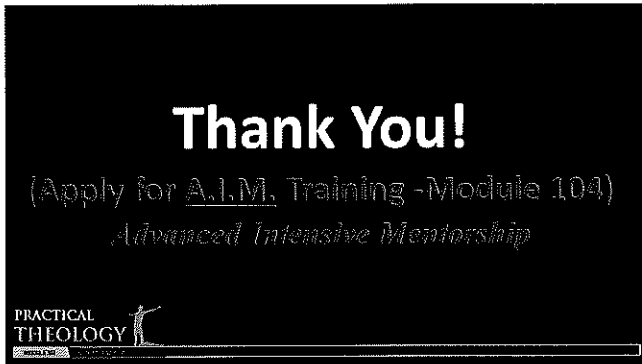
**2) Start reading the book, The Theology of Christian Counseling by Jay Adams**

**3) Start working through Lessons 11-22, homework and devotions, to familiarize yourself with the biblical principles of practical theology.**

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