

Ready to Restore

The One Anothering of Biblical Counseling

Overview: God calls every Christian to instruct somebody, somewhere, sometime, about something.

Learn the basics of counseling and how it is the way to “one another” within the church family.

Explore, discover, and gain confidence in being competent to counsel.



A Definition of Biblical Counseling

- Biblical counseling in its fullest sense is simply an application of the means of sanctification, it is more than a learning process, it is a means of teaching people how to change from a Biblical perspective.
- First and foremost counseling is not depended upon a method, or a person, it is depended upon God. The resources for change are not in the expert, the resources are not in us, but the resources are in God. Bah
- What we mean by “counseling” is the care and cure of souls into reliance on Christ and fruitfulness in his image. We aim for *wise* counseling, with the wisdom that anchors in the fear of the Lord. We aim to comfort the disturbed (who seek help), and to disturb the comfortable (who feel no need for help). David Powlison, Christian Counseling & Educational Foundation



A Definition of Biblical Counseling

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

Faith Biblical Counseling Ministries Lafayette, IN

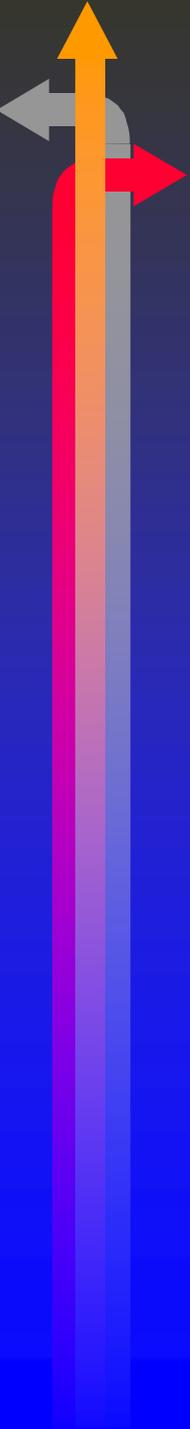
This definition is based on three important beliefs.

A decorative graphic on the left side of the slide. It features a vertical bar with a color gradient from purple at the bottom to yellow at the top. Three arrows are positioned at the top of the bar: a grey arrow pointing left, a red arrow pointing right, and a yellow arrow pointing up.

This Definition Is Based On Three Important Beliefs.

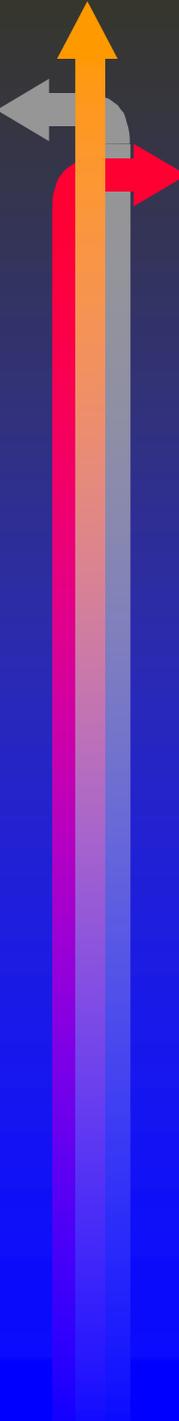
- First, we believe that the Bible, given by God, is sufficient for life in that, when properly interpreted, it reveals to the believer all the data necessary for one to understand his need for Christ, how he can please the Lord, and how to live in a god-honoring way regardless of the circumstances whether comfortable or oppressive.
- Second, the Bible is also the authoritative source with which all truth claims--including claims made by science and history--must be evaluated. As a result, we reject all counseling theories that use presuppositions, principles, and/or methodologies that are inconsistent with the proper interpretation of the biblical text.
- Third, we believe that genuine heart change is totally dependent on the ministry of the Holy Spirit.

Thus, our view of counseling practice includes the importance of prayer, dependence on God, a thorough knowledge of the Word of God, and an understanding of ministering to people.



A Definition of Biblical Counseling

Biblical counseling occurs whenever and wherever God's people engage in conversations that are anchored in Scripture, centered on Christ and the Gospel, grounded in sound theology, dependent upon the Holy Spirit and prayer, directed toward sanctification, rooted in the life of the church, founded in love, attentive to heart issues, comprehensive in understanding, thorough in care, practical and relevant, and oriented toward outreach. Biblical Counseling Coalition



A Definition of Biblical Counseling

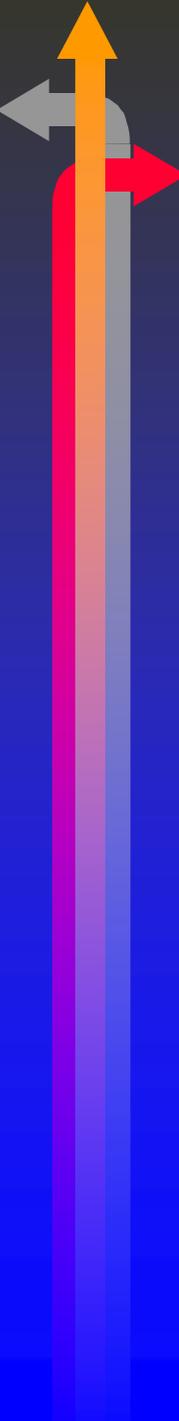
- Biblical Counseling is the practice of training believers toward greater Christ-likeness through the careful use of the Scriptures for the glory of God. In Christian counseling, the Christ of the Bible is not to be an appendage. He is not a “tack on” for surviving life in the “fast lane.” He needs to be at the core, as well as the circumference, of our counseling. Totally Sufficient, Edward E. Hindson, and Howard Eyrich
- Biblical counseling is best understood by considering its intended results, its sources of power, its process, and its hope. The intended result of biblical counseling is progressive sanctification of each believer who is counseled—each counselee making changes that are pleasing to God—each counselee being conformed to the image of His Son Rom 8:29.



A Definition of Biblical Counseling

- Biblical Counseling is a fluid event and process, as part of the Great Commission, whereby one or more theologically and relationally qualified persons provide spiritual, emotional, and behavioral service, comfort, and guidance in love to one or more persons through the truth and power of God's Word under the ministry of the Holy Spirit. Association of Biblical Counselors (John Henderson)
- “Biblical counseling involves walking patiently with someone, while wisely connecting them to Christ through the grace-centered message of the Bible. This one-on-one ministry is done in the community of the church where both the normal and complex problems of daily life can be addressed.”

Christian Counseling and Education Foundation (CCEF), Executive Director Tim Lane



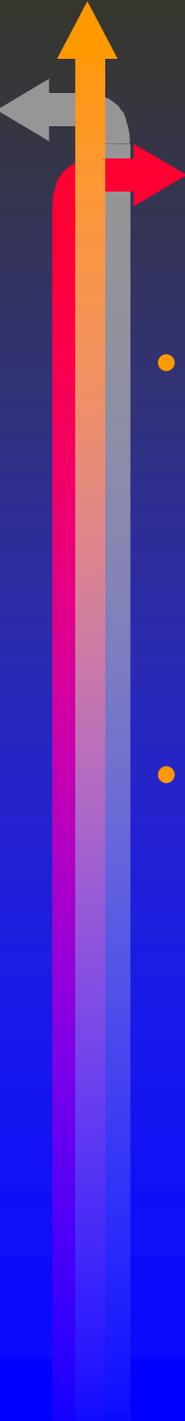
What is it?

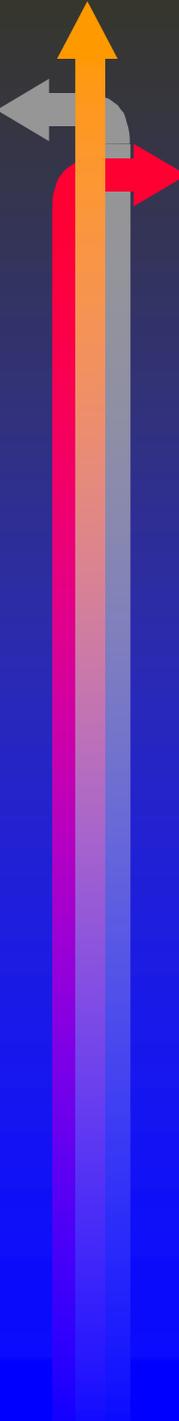
- What do you want to call it?

Biblical Counseling, Nouthetic Counseling, Christian Counseling, Discipleship or Intense Discipleship, Soul Care

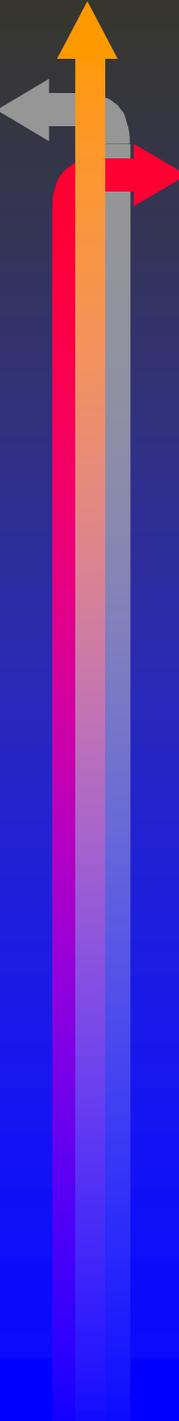
One Important Historic Viewpoint On Counseling

- Richard Baxter (1615 – 1691) wrote one of the standards for pastoral ministry called The Reformed Pastor
- J. I. Packer considered him “the most outstanding pastor, evangelist, and writer on practical and devotional themes that Puritanism produced”
- Richard Baxter called it “Soul Care”

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- Richard Baxter said, “A minister is not merely a public preacher, but to be known as a counselor for their souls, as the physician is for their bodies, and the lawyer for their estates: so that each man who is in doubts and straits may bring his case to him for resolution.
 - But as the people have become unacquainted with this office of the ministry, and with their own duty and necessity in this respect, it belongeth to us to acquaint them with it, and publicly to press them to come to us for advice about the great concerns of their souls. We must not only be willing to take the trouble, but should draw it upon ourselves, by inviting them to come. What abundance of good might we do, could we but bring them to this!

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- Oh!, it is a sad case that men's souls should be so injured and hazarded by the total neglect of so great a duty, and that ministers should scarcely ever tell them of it, and awaken them to it.
 - Were your hearers but duly sensible of the need and importance of this, you would have them more frequently knocking at your doors, and making known to you their sad complaints, and begging your advice.
 - I beseech you, then, press them more to this duty for the future; and see that you perform it carefully when they do seek your help.....

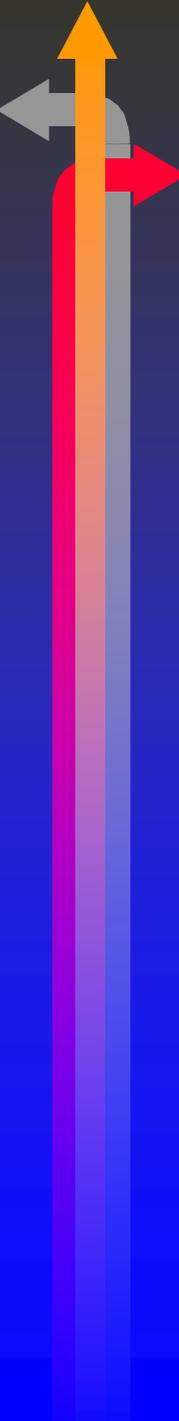
IN OTHER WORDS BE A SKILLFUL COUNSELOR

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-To this end it is very necessary that you be well acquainted with practical cases, and especially that you be acquainted with the nature of saving grace, and able to assist them in trying their state, and in resolving the main question that concerns their everlasting life or death. One word of seasonable, prudent advice, given by a minister to persons in necessity, may be of more use than many sermons. ‘A word fitly spoken,’ says Solomon, ‘how good is it!’



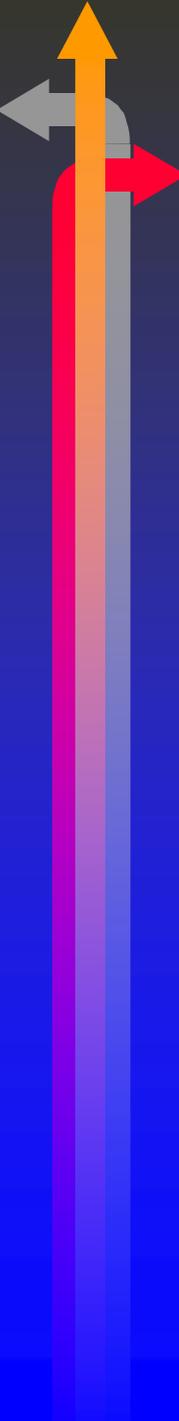
Asking The Right Questions

- *1Th 5:20 Do not despise prophecies, 21 but test everything; hold fast what is good.*
- *1John 4:1 Beloved, do not believe every spirit, but test the spirits to see whether they are from God, for many false prophets have gone out into the world.*
- Matthew Henry on 1 John 4:1
- He calls the disciples, to whom he writes, to caution and scrutiny about the spirits and spiritual professors that had now risen. To caution: "*Beloved, believe not every spirit; regard not, trust not, follow not, every pretender to the Spirit of God, or every professor of vision, or inspiration, or revelation from God*"
- **Because Soul Care is so important, it is imperative that we are very careful on how we approach this very important spiritual care of the church**



What Biblical Counseling is NOT:

1. Biblical Counseling is not an autonomous ministry (Eph. 4:11-16).
2. Biblical Counseling is not an activity reserved for the experts (Rom. 15:14).
3. Biblical Counseling is not an optional ministry (Acts 20:31, Col. 1:28-29)
4. Biblical Counseling is not an entity separate from discipleship. It is *intensive* discipleship.



What Biblical Counseling is:

1. Biblical Counseling discerns thinking and behavior that God wants to change.
2. Biblical Counseling uses God's Word, by the Holy Spirit, to change motives, thinking, and behavior to Christlikeness.
3. Biblical Counseling seeks the glory of God and the benefit of the counselee.
4. IS GOD CENTERED



Theological Problems with Some Methods

1. Not completely God Centered
2. Absence of and lack of emphasis on the Holy Spirit
3. Minor emphasis on soteriology if any
4. Neglect of the Church and its “body” work
5. Lack of emphasis on prayer and its power
6. No commitment to the sufficiency of Scripture
7. The renaming of sin and the omission of repentance
8. Man-centered, feeling-oriented, needs-based oriented
9. Terminology, labels & concepts that sometimes harm rather than help.
10. Diminishing spiritual and replace with clinical.

Counseling Must Have A Primary Focus

For a Reference Point

For Hope

For Stability

THE LORD LIVES, AND

BLESSED BE MY ROCK,

AND EXALTED BE THE GOD OF MY SALVATION

PSALM 18:46