
Seven Theological Principles for Biblical Counselling

Seven Key Theological Principles for Biblical Counsellors

1) The gospel is the foundation of biblical change.

Colossians 2:6

2) Change is always possible for believers.

Philippians 1:6

Romans 6:17-18

3) The word of God applied by the Spirit of God is the primary tool for change.

John 17:17

Four ways to use the word of God in counselling: 2 Timothy 3:16

4) The *heart* is the place where real, long-lasting change takes place.

Romans 12:2

2 Corinthians 10:5

Proverbs 4:23

Mark 7:21-23

Matthew 12:34

Luke 6:43-45

Idols of the heart: *An idol of the heart is anything you want more than you want God or that you want more than you want to obey God. An idol of the heart is anything you'll sin to get or sin if you don't get.*

Colossians 3:5

James 1:14

Matthew 6:21

5) God's plan for practical daily change is *put off/be renewed/put on*.

Ephesians 4:22-24

Step 1: Put off

1. Identify your sin as sin.
2. Acknowledge personal responsibility for your sin (James 1:14)

3. Be willing to change. (Psalm 119:2-3)
4. Stop doing the sin (Psalm 119:30-32)
5. Organise your life in order to make it hard to do that sin again (Romans 13:14; Matthew 5:29-30)

Step 2: Be renewed in your mind

Deuteronomy 5:29

Psalm 95:10

Proverbs 4:23

Romans 12:1-2

Step 3: Put on

Romans 12:21

The put off/put on plan in the rest of Scripture:

Joshua 24:14

Proverbs 28:13

Proverbs 21:5

Proverbs 20:22

Proverbs 15:28

Matthew 6:1-3.

Matthew 6:31-33.

6) Sanctification is a joint, divine-human effort.

Philippians 2:12-13

1 Corinthians 15:10

7) Sanctification is a corporate project, requiring church life and input from other believers.

Galatians 6:1

Proverbs 12:15

Ephesians 4:15-16

Hebrews 10:24-25