**FC COUNSELING TRAINING’S**

**Module 1**

**Proverbs 4:7**, Solomon said, *“wisdom is supreme, get wisdom, though it cost all you have, get understanding.”*

**Proverbs 4:23**, *“Above all else, guard your heart, for it is the wellspring of life.”*

**V**

You cannot heal what you do not .

What existed before anything existed? A circle of . **Gen. 1:26**

*“It is not good that the man should be alone.”* **Gen. 2:18**

What were they experiencing before sin?

In a word .

**Gen. 3:16-19**

After sin:

Women would try to find fulfillment in .

Men would try to find fulfillment in .

God promises to or thwart our attempts to find fulfillment outside of Him. Why? Because He loves us so much.

**Because He loves us** too much to allow us to for temporal things.

**Intimacy** = the giving and receiving of without walls or barriers

The is the key to intimacy. (IN-TO-ME-SEE)

If blocked there are two questions:

* is it blocked?
* is it blocked?

Like a doctor, we are trying to what is going on?

**Heart**= that which is going on of us. Something happens inside of us and we say or do things in response to what is inside us.

This is not about giving you some tools. If you receive  without knowing how to use them, it is frustrating.

**Proverbs 13:12**, *“Hope deferred makes the heart sick, but a longing fulfilled is a tree of life.”*

**THE DOWNWARD SPIRAL OF RELATIONSHIPS**

Life Hope present

Experiences \_\_\_\_\_\_\_expectations\_\_\_\_\_\_\_disappointment\_\_\_\_\_\_hurt\_\_\_\_\_\_anger\*\_\_\_\_

 \_\_\_\_\_\_\_hostility (accumulation of unresolved things)\_\_\_\_\_\_\_\_\_\_shut down#

\***Ephesians 4:26***, “In your anger do not sin, do not let the sun go down while you are still angry, and do not give the devil a foothold.”*

\*You have to deal with your anger.

**ANGER - RESENTMENT – – REBELLION (Shut down)**

Anger = mad at what you . Resentment = mad at . Bitterness = mad at

 , the world.

**Genesis 4, Cain and Abel.**

**Shut Down =**  things happen when the heart, a person shuts down.

*“For it is from within, out of a person’s heart, that evil thoughts come...”* **Mark 7:21**

**1 Samuel 16:7**, *“The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart.”* Said of David

 = We things and things.

We cannot change without understanding what’s going on in their heart.

*C.S. Lewis, “God speaks to us in our circumstances, but He shouts to us in our pain.*

**Behavior/Addiction Cycle**

**Cycle:**

 Holes, needs, and desires

 Guilt and shame short term relief

 Relief

 Long term consequences

The difference between guilt and shame:

Guilt is feeling bad or convicted because of what I have .

Shame is feeling bad for who I .

Guilt = I did something wrong

Shame = I am wrong

**Genesis 2:25**

They were naked and they felt no .

Shame = A lie or belief of unworthiness or condemnation as it relates to .

**Genesis 3:6-12**

They exchanged many good emotions for one default bad emotion:  **.** V.10

And because fear had entered their life they did three things. Hide, , Blame.

What keeps people, a relationship (marriage) stuck and in bondage is .

**FEAR EXPLAINED:**

Two primary motivators for all behavior are fear and . **1 John 4:18**

 Fear and love coexist.

When a relationship begins to feel unsafe, our natural reaction is to  ourselves by shutting down and closing our heart and spirits.

Signs of being closed are:

 defensiveness, judgment, , rejection, withdrawal, belittling,

insults, and negative thinking about the other person.

FEAR – CLOSED, DEFENSIVE, REACTIVE – DISCONNECTED, CONFLICTED

Explanation of Fear = we are referring to the thoughts and that trigger defensive/protective reactions in us.

 Reactions to Fear: Fight, , .

They may be great survival techniques, but they are relational skills.

**1 Cor. 13:11**, *“…when I became a man, I gave up childish ways.”*

We know the problem is rarely the problem.

The core problem is .

Most women have a core fear related to .

Most men have a core fear of helplessness or feeling .

We think our marriage/relationships are to make us happy, that’s a myth. It is to make

us .

*“Marriage was never designed to make an individual happy. It was designed for the individual to make the marriage happy.”* Drs. Les and Leslie Parrot.

**We want to discover the core fears going on inside a person’s heart, and where they come from.**

Take the Fear Assessment

**FEAR CYCLE**

We get stuck in our fear cycles. (Handout)

 Fears

 coping coping

 (hide, cover blame) (hide, cover, blame)

 Fears

**We spend most of our arguing and time on our coping mechanisms and ignore the core fears that are causing everything.**

 I hurt

You react I want

You fear I fear

You want I react

You hurt

We must deal with the fears. If we only address coping behaviors, it is like changing seats on

the .

Every fear is connected to a . Lies keep people in .

The father of lies is .

**What truly sets people free? John 8:31-32**

* the truth.
* Then you will the .
* Then the Truth will set you .

Know is the Greek word = . Intimate, experiential knowledge.

**Cognitive** Knowledge = that which you know in your .

**Experiential** Knowledge = that which you know because you have .

**Examples:** Woman caught in adultery; Zacchaeus; Nicodemus

When our experiential knowledge is different than what God says: it give us a distorted a view

of , a distorted view of self, and a distorted view of .