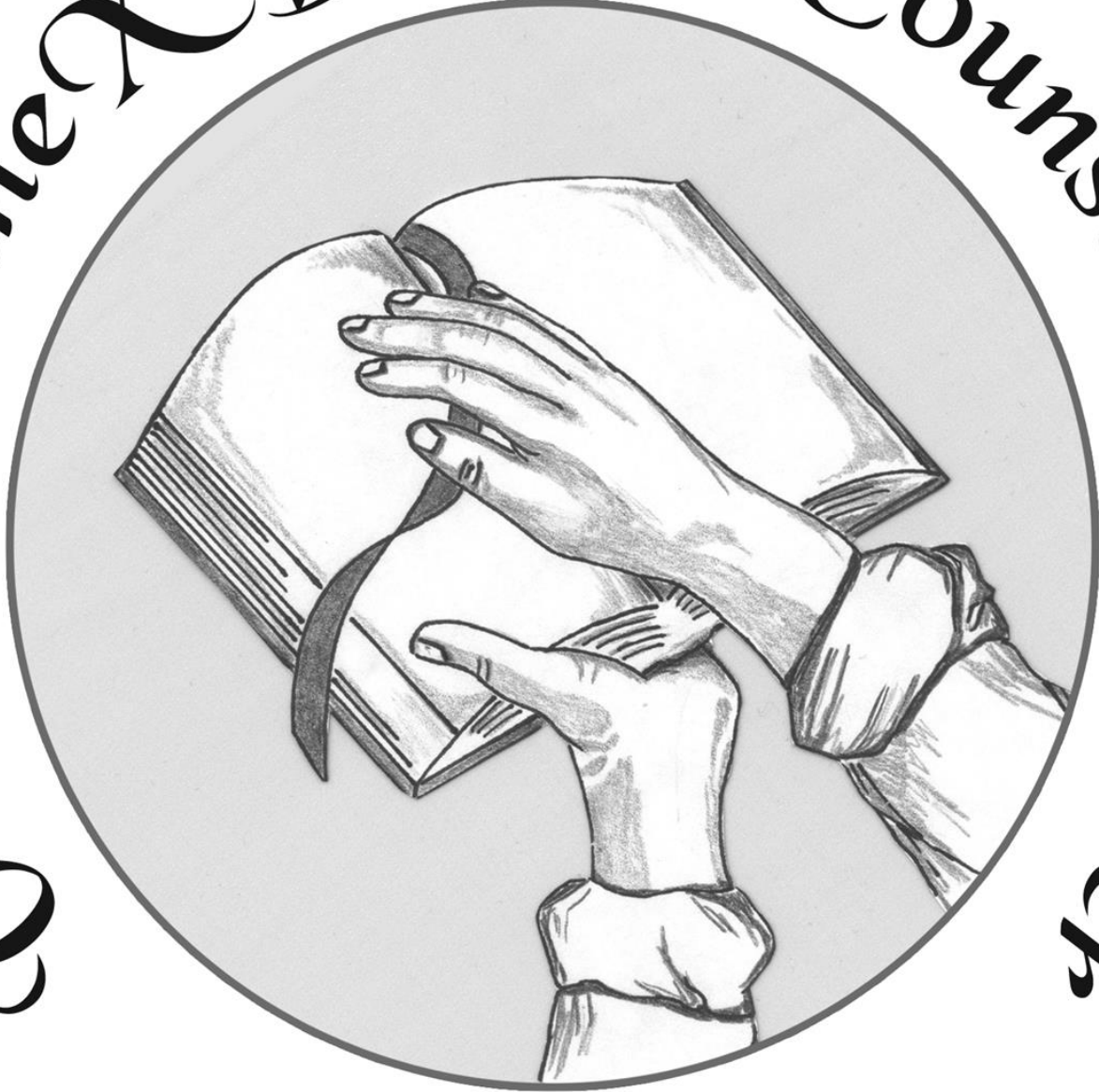


Valley Connect Biblical Counseling Center



Care for the Counselor: Communication

Communication begins and ends with God.

The counselor must cultivate a lifestyle of diligently listening to God. Proverbs 2:1-8

Treasure His commandments

Hone a keen sensitivity to his wisdom and understanding

Confidently trust in God's promise of His wisdom

God's wisdom will protect us from acting based on our wisdom

Communication begins and ends with God.

Listening to God in such a way that brings our life into submission to Him prepares us to more effectively listen to others.

²⁴ “Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock. ²⁵ And the rain fell, and the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on the rock. ²⁶ And everyone who hears these words of mine and does not do them will be like a foolish man who built his house on the sand. ²⁷ And the rain fell, and the floods came, and the winds blew and beat against that house, and it fell, and great was the fall of it.”
Matthew 7:24-27 (ESV)

Communication begins and ends with God.

Have full confidence that God is already listening to all of us.

Psalm 10; 55:16-19

Note in Psalm 10 how you need to read the whole Psalm to get the whole heart of the person who is crying out to God. A good example of the fact that we need to keep listening to a person until we get the whole story.

Communication begins and ends with God.

Recognize that your observations and conclusions are woefully inadequate.

⁴ And Peter said to Jesus, “Lord, it is good that we are here. If you wish, I will make three tents here, one for you and one for Moses and one for Elijah.” ⁵ He was still speaking when, behold, a bright cloud overshadowed them, and a voice from the cloud said, “This is my beloved Son, with whom I am well pleased; listen to him.” Matthew 17:4-5 (ESV)

Communication begins and ends with God.

Recognize that an unchecked emotional response can short circuit listening.

¹⁹ Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; ²⁰ for the anger of man does not produce the righteousness of God. ²¹ Therefore put away all filthiness and rampant wickedness and receive with meekness the implanted word, which is able to save your souls.
James 1:19-21 (ESV)

Discussion from: X-ray Questions: Drawing Out the Whys and Wherefores of Human Behavior by David Powlison
The Journal of Biblical Counseling, Volume 18, Number 1, Fall 1999

- The main question for consideration: Who or what is your functional God/god?
 - The derivative questions get at who or what controls the person.
 - The resulting questions have as their basis the ways [Powlison's language is the verbs] we relate to God.
 - Phrased as "What" questions designed to get to the "Why".

Discussion from: X-ray Questions: Drawing Out the Whys and Wherefores of Human Behavior by David Powlison
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- Three major things to keep in mind both for yourself and the counselee. p. 7
 - First, a two-fold question: What lies and lusts are being expressed through this sinful pattern of life?
 - Second, the verbs that relate people to God must become an active part of your thinking.
 - Third, by seeing the God-relatedness of all motivation you see that what is wrong with us calls for a God-related solution; the grace, peace power, and presence of Jesus Christ.

Discussion from: X-ray Questions: Drawing Out the Whys and Wherefores of Human Behavior by David Powlison
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- Motive and behavior cannot be separated. The Scriptures expose and give guidance to both. p. 8
 - Motive: Do you love God with all your heart, soul, mind, and strength? Or does something else divide and steal your affections?
 - Behavior: Do you love your neighbor as yourself? Or do you misuse, bully, fear, avoid, hate, ignore your neighbor?

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- A good reminder: “Sometimes it is better simply to listen and observe, combing through the fruit in a person’s life for the patterns that might indicate the heart’s functional commitments.”
 - The point here is that if you listen well you are better positioned to ask the right questions.