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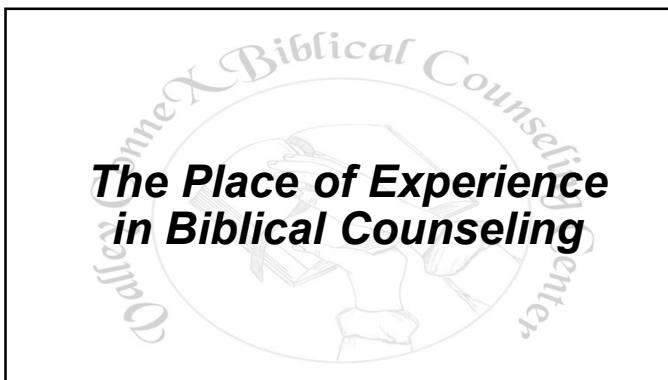
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About experiences...

- Past experiences have a degree of lasting impact on our lives.
- Our response to those experiences determines if this is a healthy or unhealthy impact.
- There will be times when we encounter a counselee who will be in a situation similar to a past experience in your life.

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About experiences...

- Counselors need to recognize and acknowledge these times.
- The counselor must learn to deal with these situations appropriately.

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4

Some pitfalls to avoid when your experience is similar to the counselee.

- Failure to thoroughly listen in order to discern the true heart issue.
- Projecting your feelings on the counselee.
- Providing unhealthy relief.

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5

Some considerations

- *Be aware that God may use the current counseling assignment to reveal that there may be some unresolved elements in something you have experienced in the past.*
- *Be open to what God has to say to you.*
- *Realize that there is a reason God gave you this assignment.*

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6

When counseling resurfaces a traumatic experience.

- *Being troubled by past traumatic events is not necessarily sinful and is certainly not a disorder.*
- *A healthy person will be troubled by experiencing or witnessing a traumatic event or a series of traumatic events.*
- *Problems arise when we fail to respond biblically.*

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7

The two settings where sharing your experience may be helpful:

- *Helping a person understand the gospel and how it applies to his or her life.*
- *Helping a person when the counseling turns more toward mentoring.*

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8

Remember the basic elements of biblical counseling:

- *The basis of our difficulties is the condition of the heart.*
  - *“And he said, “What comes out of a person is what defiles him. For from within, out of the heart of man, come evil thoughts, sexual immorality, theft, murder, adultery, coveting, wickedness, deceit, sensuality, envy, slander, pride, foolishness. All these evil things come from within, and they defile a person.”” (Mark 7:20–23, ESV)*

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9

Remember the basic elements of biblical counseling:

- The power to reveal the heart is in the Word of God.
  - *“For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart. And no creature is hidden from his sight, but all are naked and exposed to the eyes of him to whom we must give account.” (Hebrews 4:12–13, ESV)*

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Remember the basic elements of biblical counseling:

- The power to reveal the heart is in the Word of God.
  - *“Now when they heard this they were cut to the heart, and said to Peter and the rest of the apostles, “Brothers, what shall we do?” And Peter said to them, “Repent and be baptized every one of you in the name of Jesus Christ for the forgiveness of your sins, and you will receive the gift of the Holy Spirit.” (Acts 2:37–38, ESV)*

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Remember the basic elements of biblical counseling:

- The Word of God is life-giving.
  - *“It is the Spirit who gives life; the flesh is no help at all. The words that I have spoken to you are spirit and life.” (John 6:63, ESV)*
  - *“So Jesus said to the twelve, “Do you want to go away as well?” Simon Peter answered him, “Lord, to whom shall we go? You have the words of eternal life,” (John 6:67–68, ESV)*

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Remember the basic elements of biblical counseling:

- The Word of God is life-giving.
  - *“For whatever was written in former days was written for our instruction, that through endurance and through the encouragement of the Scriptures we might have hope.” (Romans 15:4, ESV)*

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13

Remember the basic elements of biblical counseling:

- The Word of God is life-giving.
  - *“May my teaching drop as the rain, my speech distill as the dew, like gentle rain upon the tender grass, and like showers upon the herb. For I will proclaim the name of the Lord; ascribe greatness to our God!” (Deuteronomy 32:2–3, ESV)*

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14

A Perspective Philippians 3:3-21

- Careful not to try to “one up” another’s situation.
  - *“though I myself have reason for confidence in the flesh also. If anyone else thinks he has reason for confidence in the flesh, I have more: circumcised on the eighth day, of the people of Israel, of the tribe of Benjamin, a Hebrew of Hebrews; as to the law, a Pharisee; as to zeal, a persecutor of the church; as to righteousness under the law, blameless.” (Philippians 3:4–6, ESV)*

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15

A Perspective Philippians 3:3-21

- Life experience, though valid and valuable, comes into perspective under the lordship of Jesus Christ.
  - *“But whatever gain I had, I counted as loss for the sake of Christ. Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but that which comes through faith in Christ, the righteousness from God that depends on faith—” (Philippians 3:7–9, ESV)*

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16

A Perspective Philippians 3:3-21

- The remedy from the Word of God may be difficult but releases the power of God.
  - *“that I may know him and the power of his resurrection, and may share his sufferings, becoming like him in his death, that by any means possible I may attain the resurrection from the dead.” (Philippians 3:10–11, ESV)*

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17

A Perspective Philippians 3:3-21

- The place of past experience is to propel us into the future.
  - *“Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own. Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus.” (Philippians 3:12–14, ESV)*

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18

A Perspective Philippians 3:3-21

- It is a sign of maturity to keep the focus on our Lord Jesus Christ.
  - *“Let those of us who are mature think this way, and if in anything you think otherwise, God will reveal that also to you. Only let us hold true to what we have attained.” (Philippians 3:15–16, ESV)*

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19

A Perspective Philippians 3:3-21

- It is always appropriate to model Christian growth and maturity that inspires others.
  - *“Brothers, join in imitating me, and keep your eyes on those who walk according to the example you have in us.” (Philippians 3:17, ESV)*

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