

# Self-Counsel: What Do You Bring to the Table?

Faith Biblical Counseling Ministry

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## Introduction

- Write down 3 areas where God is honored in your life.
- Write down 3 areas where God is not honored in your life and desires to change you.

## I. Self-Counsel Defined

- The daily perpetual invitation to heart searching, heart repentance, and heart renewal through God's Word
- The examination of your own heart (i.e., thoughts, motives, desires) and behavior
- Taking the penetrating light of God's Word and letting it carefully examine every part of your life (Colossians 3:16)

## II. The Importance of Self-Counsel

- Paul clearly expected members of the church to examine his lifestyle:  
Acts 20:17-28 –  
1 Thessalonians 1:5 –  
1 Thessalonians 2:1-12 –
- Paul also expected members of the church to look at his life as their example:  
1 Thessalonians 5:12-14 –  
Philippians 3:8-21 –  
Philippians 4:8-9 –

### III. The Foundation of Self-Counsel: The Word of God

#### 1 Timothy 4:6-11

- Good pastoral ministry hinges on the continual feeding on the truths of Scripture.  
nourished –  
words of faith –  
good doctrine –  
which you have carefully followed –
  
- Good pastoral ministry rejects all false teaching.  
profane –  
fables –  
old wives' fables –
  
- Good pastoral ministry longs for godliness.  
godliness –  
exercise –  
bodily exercise is limited both in extent and duration –

### IV. The Look of Self-Counsel: Christlikeness

#### 1 Timothy 4:12-14

- Your ministry success and ability does not depend upon your age.  
There are two incredible implications in this text.
  1. It is inappropriate for someone to despise your youthfulness.
  2. You should live life in such a way that no one would have any reason to despise your youth.
  
- You must be an example of Christlikeness.  
Christlikeness is expressed in five key areas in this text:
  1. in word –

2. in conduct –
  3. in love –
  4. in faith –
  5. in purity –
- Your handling of personal ministry opportunities reflects your understanding of your calling.  
give attention to reading –  
to doctrine –  
to exhortation –
  
  - Your diligence in this area is crucial in relationship to your spiritual giftedness.

## V. The Balance of Self-Counsel: Ambassadors

### 1 Timothy 4:15-16

- You *must* take your calling seriously.
  
- Personal ministry always starts with an inner look.  
take heed to yourself –  
and to the doctrine –  
Continue in them! –  
you will save yourself –  
and those who hear you –
  
- What you do for your church is your secondary job – you are first an Ambassador  
2 Corinthians 5:14–6:10  
**Being like Christ (an ambassador) means three things:**
  - Think like Christ (Christ-like character)
  - Feel like Christ (Christ-like conviction)
  - Act like Christ (Christ-like conduct)

## VI. The Warning of Self-Counsel: the Deceitfulness of Sin

### Hebrews 3:12-13; Matthew 7:1-5

- We need daily reminders from those that are around us in order that we might live godly.
  - The fact that there is a warning here emphasizes the possibility.
  - Every one of us is *imminently entrappable*.
  
- It all starts with a look at your own eye first.

## VII. The Process of Self-Counsel: Until Christ Comes, Purify Yourself

### 1 John 3:1-3

1. Choose a problem to deal with: \_\_\_\_\_
  
2. In your own thinking (and probably on paper) describe the relevant aspects in some detail.
  - How does the problem show up: behaviors, words, thoughts, attitudes, emotions? In what situations – when, where, with whom – does it appear? Other significant facts?: for example: duration, frequency, intensity, starting point, models & companions, etc.
  - Until now how have you dealt with the problem and attempted to solve it? List both what has and has not helped.
  
3. What are your reasons for choosing to deal with this particular problem right now?
  
4. Determine your understanding of this problem biblically.
  - List three or more passages that deal with this particular problem.
  - List three or more passages that speak to its solution.
  - List three or more passages that highlight the gospel and grace.

