

ELEMENTS OF COUNSELING DISCIPLESHIP CLASS

Who?

- **Personal Growth**—those who want to grow in their walk as a follower of Jesus Christ—the principles of discipleship-counseling apply to all Christians who want to grow & change, and disciple others (helping them grow & change).
- **Specific Issues of Life**—those who want specific help in dealing with issues such as anger, anxiety, fear, depression, marriage and parenting skills, life-dominating sins, etc.
- **Better Disciple Others/informal ministry**—those who are actively involved in people's lives and want to be more effective (God-honoring) in the advice and encouragement they give.
- **Become Discipleship-Counselors/formal ministry**—those who desire to serve as a biblical counselor at Bethany Church on the Hill (or other churches), walking with others through the trials of life.

Why?

Our God wants you to be filled with joy, peace, and hope (Romans 15:13). He wants you to be equipped to face all of life from His perspective and, in turn, to be able to effectively help others in their spiritual walk (Romans 15:14; Colossians 1:28; 3:16; 1 Thessalonians 5:14; 2 Timothy 3:16-17).

When?

Sunday 9-10am

- #1 How Change Happens—**Feb 3-Apr 7**—Lessons 1-8 (10 weeks)
- #2 Handling Emotions—Lessons 9-15 (7 weeks)
- #3 Marriage & Parenting—Lessons 16-17 (5 weeks)
- #4 Overwhelming Problems—Lessons 18-21 (4 weeks)
- #5 How to Help Others Change—Lessons 22-25 (4 weeks)

How?

- Led by Chris Bruynzeel, senior associate pastor, Bethany Church on the Hill.
- Using class notes from various sources: (a) Cornerstone Syllabus—NorthCreek Church, Pastor Steve Mawhorter; (b) Faith Counseling Center—Faith Church Lafayette; (c) Institute for Biblical Counseling Discipleship—Dr. Bob Newheiser; (d) Association of Certified Biblical Counselors—various materials; (e) Christian Counseling & Education Foundation—various materials; (f) Biblical Counseling Foundation—various materials.

Class Format: Basic lecture format through notes and Q&A – interaction is appreciated and encouraged.

What Elements of Counseling Discipleship will do for you:

- Get you into the Word.
- Organize your thoughts, your perspective, and your worldview around Scripture – God’s perspective on life & people & problems.
- Restore & build joy into your life!
- Improve your marriage, parenting, discipling, and sanctification.
- Prepare you to minister to others effectively.
- Clarify your purpose: Glorify God.

Overview of Class:

- **Class #1: How Change Happens**—the foundation of our Christian walk is one of growing & changing, and the only true resource for wisdom and for application to our life and our problems is the Word of God; we then outline a very clear and practical picture of how to change biblically and look at the heart of our problems.
- **Class #2: Handling Emotions**—we build on the foundation that was set in Class #1 and apply those principles to issues such as anger, forgiveness and reconciliation.
- **Class #3: Marriage & Parenting**—we consider the most critical of relationships where the believer is encouraged to focus solely on what the Bible says about family relationships and trusting God with the results.
- **Class #4: Overwhelming Problems**—here we focus on God’s instruction for the believer to live with peace and joy and to glorify Him despite suffering, depression, “addictions” and the like.
- **Class #5: How to Help Others Change**—we move to the “method” or practice of how to walk with others through the issues and struggles of life—discipleship at the core—crisis discipleship.

Class Commitment System: Choose the level you're interested in (of course you can change your mind at any time).

- **Commitment A—*personal growth*:** no homework, attend class, and take notes.
- **Commitment B—*better disciple others/informal ministry*:** purchase books, read assigned chapters & answer questions before next class.
- **Commitment C—*become a biblical counselor/formal ministry*:** same as B, but more reading/work.