

What is BC and why it is needed?

- I. Introduction
 - A. Definition- Biblical Counseling is reaching the heart of people as they suffer (sin, ignorance, suffering) through the Word (according to the confessions, with the spirits blessing) to evangelize or to disciple them in the walk of sanctification by way of conversation (encouragement and admonition) dependent on the spirit
 - B. We all give and receive counsel from the beginning
 - C. The heart is central
- II. How is Biblical Counseling different from other counseling or therapy?
- III. Biblical Counseling uses the Word of God to address the issues of life
 - A. Mud Puddle analogy

B. Biblical texts showing its sufficiency

C. The bible's teaching regarding man

IV. The place of the church as we do Biblical Counseling

V. How do we do Biblical Counseling?

A. Love -- Know -- Speak -- Do

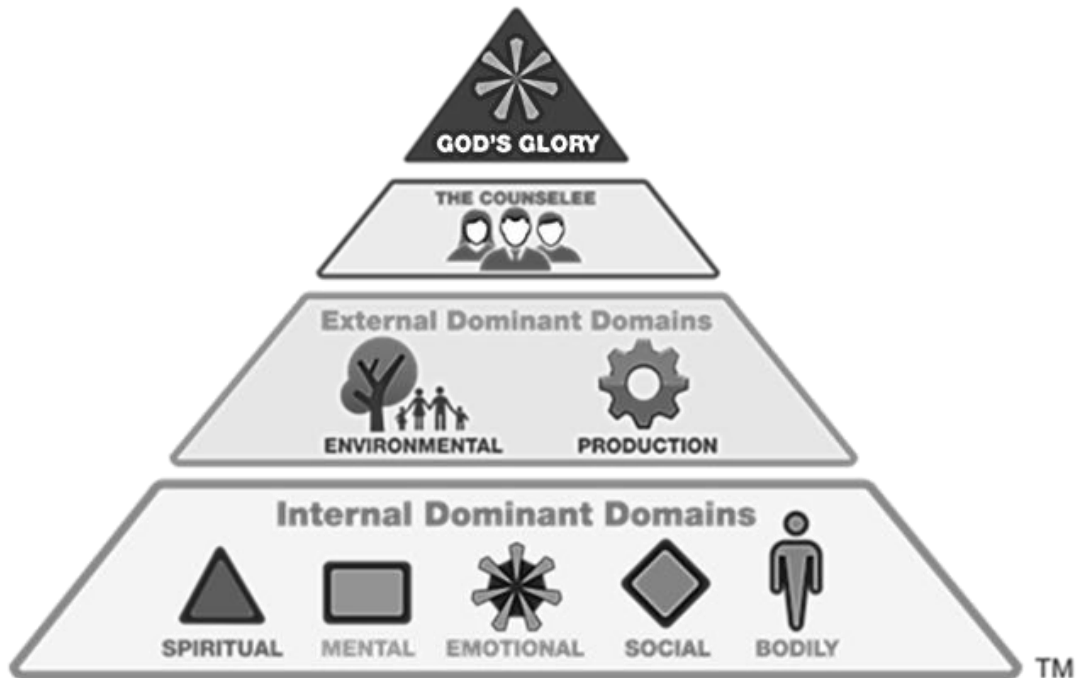
B. 4 convictions about the practice

The 2025 Siouxland Reformed Biblical Counseling Conference

An Accelerated Introduction to IRBC's 7 Domain Model

Dr. Jeff Doll

7 Dominant Domains of Origin for Human Problems



Introduction

The Internal Dominant Domains

1) The Spiritual Domain

- a. Psalm 32:3-4 –
- b. Primary Objectives in Counseling Believers Experiencing Sin-Based Problems:
- c. Primary Objective in Counseling Unbelievers:

2) The Mental Domain

Factors to take into consideration when evaluating counselees and the problems they are experiencing:

- a. Overall Brain Development
 - 1 Corinthians 13:11 –

b. Developmental Disorders

- Improper development of the brain/central nervous system
- Genetic mutations/variations
- Prenatal/postnatal factors

c. Brain Injuries

d. Brain Diseases

3) The Emotional Domain

a. Spectrum of Emotions: Love/Compassion, Joy, Respect/(Mutual) Submission, Jealousy, Grief, Anger, Hate

b. Capacity for Emotions

c. Disordered Emotions

d. Variables That Affect Emotional Expression:

- Parental Influence
- Cultural Background
- Biological Sex

e. Emotional Taxation

- Hebrews 12:2 –
- Luke 22:44 –

f. Various Bodily Impairments

4) The Social Domain

Significant Contributing Variables in the Social Domain

- a. Developmental Factors
- b. Communicational Factors
 - Over-Communication
 - Under-Communication
 - Proper Communication
- c. Environmental Factors
 - Patterns of Negative Communication
 - Frequent Hyper-Critical Communication
 - Non-Communication
- d. Social Media

5) The Bodily Domain

- a. Factors to Consider
- b. Good Rule of Thumb

The External Dominant Domains

1) The Environmental Domain

- a. Three Environments that IRBC's Model Uses
 - i. The Spiritual Environment
 - ii. The Physical Environment
 - Fixed physical structures/geographical landscapes
 - Prevailing climate/weather patterns

- Devastating events
- Areas that have widespread disease
- Seasons

iii. The Social Environment

- Three basic institutions God has ordained for establishing and maintaining order in human affairs:
 - The Family
 - The Church
 - The Civil Government

2) The Production Domain

- a. God created man to work, and the command to work preceded the entrance of sin and the curse.
- b. Disruptions to work can have a severe effect upon a person's wellbeing (retirement, physical disability/inability to work, job loss, under-employment, over-employment, etc.).
- c. The "entitlement to goods and services without working" philosophy is plaguing many nations today.

Three Principles for Marriage Counseling

Dr. Jared Poulton

"In spite of all that he knows about counseling. . . the counselor may find that the beginnings of a new series of counseling sessions sometimes resembles driving in the fog." – Jay Adams¹

Principle #1: _____ God – The North _____ of Marriage Counseling

*"So whether we are at home or away, **we make it our aim to please him**. For we must all appear before the judgment seat of Christ, so that each one may receive what is due for what he has done in the body, whether good or evil."* – 2 Cor 5:9–10

*"For the love of Christ controls us, because we have concluded this: that one has died for all, therefore all have died; and he died for all, **that those who live might no longer live for themselves but for him who for their sake died and was raised.**"* – 2 Cor 5:14–15

The Importance of Pleasing God in Counseling

- Counselees who desire to please God are more willing to reevaluate their present circumstances from God's perspective instead of focusing on their own perspective.

*"Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths. **Be not wise in your own eyes; fear the LORD, and turn away from evil.** It will be healing to your flesh and refreshment to your bones."* – Prov 3:5–8

- Counselees who desire to please God are more motivated by what is pleasing to God instead of the opinions of man (Prov 1:7).
- Counselees who desire to please God are willing to submit to and obey God's Word, even when life is hard and obedience is costly.

"And calling the crowd to him with his disciples, he said to them, 'If anyone would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it, but whoever loses his life for my sake and the gospel's will save it. For what does it profit a man to gain the whole world and forfeit his soul?'" – Mark 8:34–36

Guiding Principle #2: _____ on the Heart – The "_____ Site" of Marriage Counseling

Definition: The _____ is the living center of a person's being, the intersection of the body and the soul, which contains everything within man and produces everything outside of man.

- The heart is the most common term in Scripture for describing the inner man.

"Appearing just over 1,000 times, the word "heart" is used in the Bible more than any other for the inner self." – Craig Troxel²

- The heart is described as the "control center" of a person, the place from which every part of a person (beliefs, desires, commitments, emotions, etc.) springs.

"The unity of the human being lies in his or her I. That is the root, the center, the kernel, the core of every person. Everything else lies around it and is near it and is attaches to it: I have intellect, feelings, a will, a

¹ Jay E. Adams, *The Christian Counselor's Manual: The Practice of Nouthetic Counseling*, The Jay Adams Library (Grand Rapids: Zondervan, 1973), 232.

² Craig Troxel, *With All Your Heart: Orienting Your Mind, Desires, and Will toward Christ* (Wheaton, IL: Crossway, 2020), 17.

body, hand, foot, etc.. but I am...I. Holy Scripture calls this the heart out of which are the issues of life (Prov. 4:23).” – Herman Bavinck³

“Keep your heart with all vigilance, for from it flow the springs of life.” – Prov 4:23

- Scripture tells us that the heart reveals itself in a person’s words, emotions, and choices.

“So, every healthy tree bears good fruit, but the diseased tree bears bad fruit. A healthy tree cannot bear bad fruit, nor can a diseased tree bear good fruit. Every tree that does not bear good fruit is cut down and thrown into the fire. Thus you will recognize them by their fruits.” – Matt 7:17–20

“Either make the tree good and its fruit good, or make the tree bad and its fruit bad, for the tree is known by its fruit. You brood of vipers! How can you speak good, when you are evil? For out of the abundance of the heart the mouth speaks. The good person out of his good treasure brings forth good, and the evil person out of his evil treasure brings forth evil. I tell you, on the day of judgment people will give account for every careless word they speak, for by your words you will be justified, and by your words you will be condemned.” – Matt 12:33–37

Guiding Principle #3: Pursue Marital _____ – The Desired _____ of Marriage Counseling

“Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh.” – Gen 2:24

“In the same way husbands should love their wives as their own bodies. He who loves his wife loves himself. For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church, because we are members of his body.” – Eph 5:28–30

- _____ and Vulnerability

“And the man and his wife were both naked and were not ashamed.” – Gen 2:25

- _____, along with Confession and Repentance, if necessary

*“So if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there before the altar and go. First be **reconciled** to your brother, and then come and offer your gift.” – Matt 5:23–24*

“But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin.” – 1 John 1:7

- A Commitment to Pursuing _____ and Rebuilding _____ in light of the Gospel

*“Be kind to one another, tenderhearted, forgiving one another, **as God in Christ forgave you.**” – Eph 4:32 (see also Matt 18:21–35)*

_____: *“... complete my joy by being of the same mind, having the same love, being in full accord and of one mind. Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others.” – Phil 2:2–4*

_____: *“Do not be deceived: God is not mocked, for whatever one sows, that will he also reap. For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life. And let us not grow weary of doing good, for in due season we will reap, if we do not give up.” – Gal 6:7–9*

Concluding Prayer: How may God use me as a tool to bring reconciliation to the marriages in my church and community?

³ Herman Bavinck, *Reformed Ethics: Created, Fallen, and Converted Humanity*, ed. John Bolt, vol. 1 (Grand Rapids, MI: Baker Academic, 2019), 46.

Effects of social media: The need for parental involvement

- I. Introduction
- II. What is the issue?
 - A. Time
 - B. Knowledge
 - C. The truth and the lie
 - D. Relationships
 - E. Positive uses
 - F. Negative uses
- III. The effect of social media on us: Technology and social media uses and shapes us as much as we use and shape it

- A. Gifts used for God's glory or sin
- B. Social media is more than an app- you are merchandise/Algorithms
- C. Cat's in the cradle- relationships

IV. What can we do about it?

A. Four Questions

1. What problem is social media trying to solve?
2. Whose problem is it exactly?
3. What problems are created in the process?
4. Am I using social media or is it using me?

B. Some more practical helps

- Questions to ask ourselves as we use social media?
- Do we seek the glory of God in all that we do online?
- Does my use of social media lead me to any sins?
- Does my speech build up or tear down the cause of Christ and others
- Are we viewed by what we post as being salt?
- Are we a slave to social media, in that it takes time from live people around us?
- Does social media help us redeem the time and renew our minds in God's truth?
- Does my use of social media draw me closer to God or does it lead me further from him?
- Do I have any relationships online that need to be ended?
- Do I use online posts to make me look like someone I really am not?
- Am I hiding behind my social media or anything I do on social media
 - Do we pray before we post and view?