

Video 1 Notes

“What _____ Biblical Counseling Biblical”

(Your triage counselor will mark the videos and/or classes they would like you to attend while you are on the Wait List.)

Here are 6 similar definitions that express the fundamental scriptural _____ associated with biblical counseling:

1. **Briarwood Counseling Ministries of Briarwood Presbyterian Church, Pastor Howard Eyrich:** “Biblical counseling is about loving people by taking the time to understand them, interpreting their life situations through the grid of Scripture, confronting them with God’s framework, and challenging them to engage in the put off, mind renewal, and put on dynamic of Ephesians 4:22-24.”
2. **Christian Counseling and Education Foundation (CCEF), Executive Director Tim Lane:** “Biblical counseling involves walking patiently with someone, while wisely connecting them to Christ through the grace- centered message of the Bible. This one-on-one ministry is done in the community of the church where both the normal and complex problems of daily life can be addressed.”
3. **Counseling Solutions Group, President Rick Thomas:** “Compassionately and competently bringing relational care to others through the means of God’s Word and the local church.”
4. **Harvest Bible Chapel Soul Care Ministry, Pastor Garrett Higbee:** “Speaking the truth of God’s Word in the light of His grace to transform lives in the compassionate Spirit of God, through the intentional community of God.”
5. **Immanuel Bible Church, Pastor Paul Tautges:** “Biblical counseling is an intensely-focused and personal aspect of the discipleship process whereby believers come alongside one another for the threefold
6. **Overseas Instruction in Counseling, Executive Director Wayne Vanderwier:** “Biblical counseling is that action or process in which a believer (or group of believers) lovingly confronts and scripturally instructs a (sinning or suffering) fellow-believer for the purpose of affecting God-glorifying change.

The Big Question: “When Canyon Hills Community Church says it provides “biblical counseling,” what does that mean?

The following is a _____ definition for biblical counseling based on these 6-Definitions? –

“Biblical counseling is an intensely focused time of discipleship which involves walking lovingly and patiently with someone, building relationship and taking the time to understand them and their present circumstances of their life through the lens of Scripture; while wisely connecting them to Christ through the means of God’s many graces realized in His transforming Word, the ministry of the indwelling Spirit, and the help and hope found within the local church for the purpose of generating God-glorifying change, so that the follower of Christ may experience greater joy in their daily life and relationship with God and others.”

The Second Question -What are the Various _____ of Counseling that Make Biblical Counseling... BIBLICAL?

Element #1: This kind of counseling requires that an individual possesses a new _____ regenerated by the Gospel of Jesus Christ (1 Cor 2:14; Rom 15:14)

- **1 Corinthians 2:14**, *“The natural person does not accept the things of the Spirit of God, for they are folly to him, and he is **not** able to understand them **because** they are spiritually discerned.”*

SO THE POINT IS... like in **1 Corinthians 2:14**, the natural unsaved/non- regenerate man is **unable** to accept and receive the truths of God’s Word. ***It is not that the unredeemed person is not intelligent... they simply lack a new regenerated heart and empowering ministry of the indwelling Spirit of God in their life, in order to change in a way that glorifies and pleases God (Isa 43:7; 2 Cor 5:9).***

Element #2: This kind of counseling is based on the counselor’s faithfulness to provide Scripturally based _____ (2 Tim 3:16-17)

- The **Bible is SUFFICIENT** for life in that, when properly interpreted, it reveals to the believer all the data necessary for one to understand his need for Christ, how he can please the Lord, and how to live in a God- honoring way regardless of the circumstances whether easy or difficult.
- The **Bible is also the AUTHORITATIVE source** with which all truth claims— including claims made by science and history—must be evaluated. As a result, we reject all counseling theories that use presuppositions theories, principles, or methodologies that are inconsistent with the proper interpretation and understanding of the Scriptures and the Creator God!

- The Word of God gives us everything we need for godly living (2 Pet 1:3). The Scriptures, rightly interpreted and carefully applied, offer us all- encompassing insight for life. The Apostle Paul, in **2 Timothy 3:16-17** reveals that the Scriptures are sufficient for making sense out of life from God’s perspective and not man’s!

Element #3: This kind of counseling will be _____ (2 Tim 3:16-17; Exod. 3:14)

Biblical counseling will also be theological because it is based on utilizing the entire Bible and what it teaches us today about any topic or life issues. Therefore, biblical counseling will help the follower of Christ connect:

- Their understanding of man (**anthropology**)
- The Fall and impact of personal sin, depravity, and suffering (**hamartiology**)
- The solution to the problems that man faces living in a fallen and sin-sick world by embracing the help and hope found in the **Gospel of Jesus Christ and grace**, which offers eternal salvation and provides the suffering sinner with daily victory in their ongoing battle against the world, the flesh, and the devil (**soteriology**).

Element #4: This kind of counseling can be a _____ or _____ term process

Matthew 18:15-17, *“If your brother sins against you, go and tell him his fault, between you and him alone. If he listens to you, you have gained your brother. 16 But if he does not listen, take one or two others along with you, that every charge may be established by the evidence of two or three witnesses. 17 If he refuses to listen to them, tell it to the church. And if he refuses to listen even to the church, let him be to you as a Gentile and a tax collector.”*

Matthew 18 is the *“biblical _____ for restoring God’s people within the local church!”*

THE POINT: Effective God glorifying and pleasing biblical counseling **does not rely on personal opinions or preferences...** it relies on **accurately, lovingly and graciously** sharing with another follower of Christ the authoritative and transforming truths of God’s Word! (2 Timothy 3:16)

Element #5: This kind of counseling is totally dependent on the ministry of the indwelling _____ to cause genuine spiritual heart change of heart and transformation of an individual's life (John 14:15-16:16; 2 Cor 3:17- 18).

It is the **Spirit of God** (e.g. Matt 3:16) who illuminates or provides the individual with understanding of the truths of Scripture and also empowers a follower of Christ to apply these truths to their daily life. Therefore, any real and lasting spiritual heart attitude change is dependent upon the indwelling **Spirit of Christ's** ministry in our daily life!

- **Romans 8:9**, *"You, however, are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him."*

As the Holy Spirit lives in the believer, He brings about some life- changing results:

1. *The indwelling Spirit comes to a soul dead in sin and creates new life (Titus 3:5). This is the new birth Jesus spoke of in John 3:1-8.*
2. *The indwelling Spirit confirms to the believer that he belongs to the Lord and is an heir of God and fellow-heir with Christ (Rom 8:15-17).*
3. *The indwelling Spirit installs the new believer as a member of Christ's universal church. This is the baptism of the Spirit, according to 1 Corinthians 12:13.*
4. *The indwelling Spirit gives spiritual gifts (God-given abilities for service) to the believer to edify the church and serve the Lord effectively for His glory (1 Cor 12:11)*
5. *The indwelling Spirit helps the believer understand and apply the Scripture to his daily life (1 Cor 2:12)*
6. *The indwelling Spirit enriches the believer's prayer life and intercedes for him in prayer (Rom 8:26-27).*
7. *The indwelling Holy Spirit empowers the yielded believer to live for Christ to do His will (Gal 5:16). The Spirit leads the believer in paths of righteousness (Rom 8:14).*
8. *The indwelling Spirit gives evidence of new life by producing the fruit of the Spirit in the believer's life (Gal 5:22-23)*
9. *The indwelling Spirit is grieved when the believer sins (Eph 4:30), and He convicts the believer to confess his sin to the Lord so that fellowship is restored (1 John 1:9).*
10. *The indwelling Spirit seals the believer unto the day of redemption so that the believer's arrival in the Lord's presence is guaranteed after this life (Eph 1:13-14).*

Element #6: This kind of discipleship-counseling is provided through gracious agape love _____ for change (Eph 4:15)

The reality is that... most biblical counseling takes place when the **Galatians 6:1** *spiritually mature followers of Christ willing goes to another sinning brother or sister in Christ, and lovingly and graciously speak to them about their apparent sin issue.*

Keep in mind... both **TRUTH** and **LOVE** are **not** in opposition or disagreement with each other but are part of the same road to reconciliation and redemption for the follower of Christ struggling and in bondage to sin.

Element #7: This kind of counseling can provide either _____ or _____
care for the sinning or suffering follower of Christ (2 Tim 3:1-7; Gal 6:1-2)

What is preventative care?

What is restorative care?

Element #8: This kind of counseling can take place in various _____ and _____ (John 21:15-17; Acts 18:24-26; Matt.18:16; 1 Cor. 1:10-11; Gal 1:6; Matt. 18:17)

The Takeaway... When a pastor is preaching on Sunday... he is communicating the transforming truths of God's Word, instructing them in what it says, and how to apply the truths to them! **THE RESULT...** is God glorifying preaching that targets the heart of God's people providing either **PREVENTATIVE** or **RESTORATIVE** discipleship, counseling, and care for the souls of God's people.

In addition... **LifeGroups** or **Small Groups** are also discipleship and counseling-oriented and are meant to be intentional and purposeful in providing help and hope from the Scriptures for those struggling with life issues or habitual sin!

Element #9: This kind counseling seeks to cause _____ - glorifying change in the lives of God's people (1 Cor. 10:31; Matt. 5:16)

- Everything we do in biblical discipleship-counseling so as to bring glory to God.
 - **1 Corinthians 10:31**, *"So, whether you eat or drink, or whatever you do, do all to the glory of God."*
 - **Matthew 5:16**, *"In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven."*

Element #10: This kind of counseling seeks the transformation of spiritual heart attitude of God's people changing what they _____, _____, and _____ (2 Cor. 5:17; Eph. 4:17-24; Rom. 6:17-18).

QUESTION: What kind of change?

ANSWER: Spiritual heart –based transformation - the **Counselee** is commanded to change through the ministry of the Word and indwelling Spirit of God in their life.

Final Thoughts...

Why is a "BIBLICAL" counseling ministry important?

- **Colossians 1:28**, *"Him we proclaim, warning everyone and teaching everyone with all wisdom, that we may present everyone mature in Christ."* The **Apostle Paul** wrote this letter to the believers in **Colossae** to teach us, *"Him we proclaim, [WE are] warning everyone and, [WE are] teaching everyone with all wisdom, that [WE] may present everyone mature in Christ."*

THE POINT: Biblical counseling is one of the many ministries within the local church that assists the follower of Christ to grow more and more into the image of Christ.

What does all of this mean for you?

Answer: God desires for you to grow in Christ and eventually be prepared to provide help and hope to others within Christ's church – **2 Timothy 2:15**, *"Do your best to present yourself to God as one approved, a worker who has no need to be ashamed, rightly handling the word of truth."*

What Does Biblical Counseling Desire to Change?

ANSWER: It desires to not just change the follower of Christ's **OUTWARD ACTIONS**, but their **INWARD HEART ATTITUDES!**

A Biblical Counseling Reality: *The Problem is NOT the Problem... but the Problem is the Heart...* No follower of Christ or biblical counselor possesses the power to change the heart of others... **ONLY GOD CAN CHANGE THE HEART! -**

“A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you a heart of flesh. And I will put My Spirit within you, and cause you to walk in My Statutes (i.e. the Scriptures), and ye shall keep My Judgments (i.e. the Scriptures), and do them... Without Me ye can do nothing” (Ezek. 36:26-27; John 15:5).

As a person’s INWARD spiritual heart begins to change through the transforming truths of God’s Word and power of the Spirit of God... it is then that their OUTWARD actions and behaviors will begin to experience lasting (not temporary) change.

Projects for Growth (i.e. Your Homework):

1. How would you define “biblical counseling”?
2. Explain why biblical counseling desires to change the inward spiritual heart and not just the outward action or behaviors of a follower of Christ”?
3. Describe the sufficiency of Scripture to be able to provide answer and a curative to any issue of life faced by God’s people?