

IV. What are the tools for Biblical counseling?

The scriptures: meditation and memory:

Psalms 119:11, 15, 18, 20, 33-40, 147-148;

Gathering data about the situation: **Proverbs 18:13;**

Prayer: **Ephesians 3:14-19:** For this reason I kneel before the Father, from whom his whole family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge--that you may be filled to the measure of all the fullness of God.

Practical application involving personal study and homework

II Timothy 2:15: Do your best to present yourself to God as one approved, a workman who does not need to be ashamed and who correctly handles the word of truth. **II Timothy 3:17:** ... so that the man of God may be thoroughly equipped for every good work. **I Timothy 4:7** ... train yourself to be godly. **Hebrews 5:13-14:** Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.

Accountability: **Philippians 3:17:** Join with others in following my example, brothers, and take note of those who live according to the pattern we gave you.

Hebrews 10: 24-25: And let us consider how we may spur one another on toward love and good deeds. Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another--and all the more as you see the Day approaching.

V. What makes Biblical counseling effective?

The Work of the Holy Spirit: **Romans 6:6-7; 11-12:** For we know that our old self was crucified with him so that the body of sin might be rendered powerless that we should no longer be slaves to sin--because anyone who has died has been freed from sin. ... In the same way, count yourselves dead to sin but alive to God in Christ Jesus. Therefore do not let sin reign in your mortal body so that you obey its evil desires. **Phil 2:13** ... for it is God who works in you to will and to act according to his good purpose.

The quickening power in God's Word: **Psalms 119:25,50,92,93,107**

Our personal choice: **Psalms 119:42-45** trust, hope, obedience in God's word results in freedom; **James 1:22** Don't just hear the Word, do what it says; **II Corinthians 10:5** take every thought captive to make it obedient to Christ; **Titus 2:11-12** say no to ungodly and worldly passions; **I Peter 2:11** abstain for sinful desires; **Romans 13:14** clothe yourself with the Lord Jesus Christ.

“Biblical Counseling Sunday School Class”

Introduction to Biblical Counseling

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I. What is Biblical Counseling?

Biblical counseling derives its name, nouthetic counseling, from the Greek word *noutheteo*, which is used eight times in the New Testament:

Act 20:31: I have never stopped warning each of you night and day without tears. **Romans 15:14:** I myself am convinced, my brothers, that you yourselves are full of goodness, complete in knowledge and competent to instruct one another. **I Corinthians 4:14:** I am not writing this to shame you, but to warn you, as my dear children. **Colossians 1:28:** We proclaim him, admonishing and teaching everyone with all wisdom, so that we may present everyone perfect in Christ. **Colossians 3:16:** Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom **I Thessalonians 5:12:** Now we ask you, brothers, to respect those who work hard among you, who are over you in the Lord and who admonish you. **I Thessalonians 5:14:** And we urge you, brothers, warn those who are idle, encourage the timid, help the weak, be patient with everyone. **II Thessalonians 3:14-15:** If anyone does not obey our instruction in this letter, take special note of him. Do not associate with him, in order that he may feel ashamed. Yet do not regard him as an enemy, but warn him as a brother.

The position of NANC and other biblical counseling groups take on the sufficiency of the scriptures for providing answers to our daily struggles is found in:

Romans 15:4: *For everything that was written in the past* was written to teach us, so that through endurance and the encouragement of the Scriptures we might have hope. **II Timothy 3:16:** All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work. **II Peter 1:3-4:** His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness. Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires.

II. Who should be involved in Biblical Counseling?

The primary responsibility for biblical counseling is given to leaders or shepherds of the church (elders, deacons and small group leaders)

Paul is mentioned specifically as the one providing counsel on three occasions (Acts 20:31; I Corinthians 4:14 and Col 1:28). **The church leaders** are mentioned as those doing the counseling in I Thessalonians 5:12. **The church as a whole** is implied in Romans 15:14, I Thessalonians 5:14 and II Thessalonians 3:15 and **Timothy as pastor** of the church in Ephesus in II Timothy 4:2

The qualifications for someone wanting to be involved in Biblical Counseling are noted in the following verses:

Galatians 6:1: Brothers, if someone is caught in a sin, *you who are spiritual* should restore him gently. But watch yourself, or you also may be tempted. **Romans 15:14:** *you yourselves are full of goodness, complete in knowledge;* **II Timothy 3:17:** so that the man of God may be *thoroughly equipped* for every good work. **II Timothy 4:2:** Preach the Word; *be prepared in season and out of season;* correct, rebuke and encourage--*with great patience and careful instruction.*

III. What are the goals of Biblical counseling?

To provide instruction, admonition, encouragement, comfort, restoration and hope for people in need that is based on biblical principles.

Romans 15:4: For everything that was written in the past was written to teach us, so that *through endurance and the encouragement* of the Scriptures *we might have hope.* **II Corinthians 1:3-4,7:** Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, *so that we can comfort those in any trouble with the comfort we ourselves have received* from God. ... And *our hope for you is firm,* because we know that just as you share in our sufferings, so also you share in our comfort. **Galatians 6:1** *restore him gently*

To provide the basis for biblical change, both personal and corporate, that leads to Christ-likeness and experiencing the whole measure of the fullness of Christ.

Romans 12:2 NLT: Don't copy the behavior and customs of this world, but *let God transform you into a new person by changing the way you think.* **Ephesians 4:22-24 NIV:** You were taught, with regard to your former way of life, *to put off your old self,* which is being corrupted by its deceitful desires; to *be made new in the attitude of your minds;* and to *put on the new self,* created to be like God in true righteousness and holiness. **Colossians 3:9-10 NLT:** You have stripped off your old evil nature and all its wicked deeds. In its place *you have clothed yourselves with a brand new nature this is continually being renewed* as you learn more and more about Christ, who created this new nature within you.

To impart spiritual wisdom which knows and puts into practice the correct biblical response in all circumstances we face that would honor God, demonstrate his character and keep us usable for His service.

Colossians 1:9-12: For this reason, since the day we heard about you, we have not stopped praying for you and asking God to fill you with *the knowledge of his will through all spiritual wisdom and understanding.* And we pray this in order that you may *live a life worthy of the Lord* and may *please him in every way:* bearing fruit in every good work, growing in the knowledge of God, *being strengthened with all power* according to his glorious might so *that you may have great endurance and patience,* and *joyfully giving thanks* to the Father. **Philippians 4:11** ... I have learned to *be content whatever the circumstances.* I know what it is to be I need, and I know what it is to have plenty. *I have learned the secret of being content in any and every situation,* whether well fed or hungry, whether living in plenty or in want. *I can do everything through him who gives me strength.*

Epignosis: knowledge that has a power influence over one;
Sophia: The right application of knowledge (wisdom);
Sunesis: spiritual insights obtained from penetrating thought

The goal of biblical counseling is **NOT** to change our circumstances. **Psalms 119:67, 71:** Before I was afflicted I went astray, but now I obey your word... It was good for me to be afflicted so that I might learn your decrees.

It is through the love, joy, peace, longsuffering, gentleness, goodness, faithfulness, meekness, self-control, the sorrow for sin, the purity of our heart *that we reflect His glory.* It is through our work as peacemakers, during the times that we are persecuted for doing what is right, through our patience, kindness, lack of envy, our humility, our celebration of the truth, our trust, our perseverance *that we reflect His glory.* It is through our hope, our knowledge of Him, through our godliness, our wisdom, our spiritual understanding, our submissiveness and the sincerity of our purpose *that we demonstrate and reflect the glory of the Lord and in so doing put on the Lord Jesus Christ.* **Matt 5:1-14; Gal 5:22; Col 3:12-16; II Peter 1:5-8**