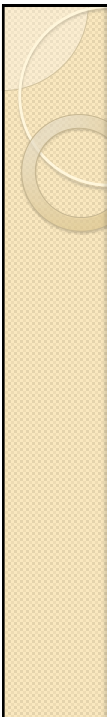


# Biblical Counseling

## Fundamentals



# Biblical Counseling

## Requirements for Biblical Counselors

### Biblical Knowledge

Psalm 119:97–105

97 O how I love Your law! It is my meditation all the day.  
98 Your commandments make me wiser than my enemies, For they are ever mine.  
99 I have more insight than all my teachers, For Your testimonies are my meditation.  
100 I understand more than the aged, Because I have observed Your precepts.  
101 I have restrained my feet from every evil way, That I may keep Your word.  
102 I have not turned aside from Your ordinances, For You Yourself have taught me.  
103 How sweet are Your words to my taste! Yes, sweeter than honey to my mouth!  
104 From Your precepts I get understanding; Therefore I hate every false way.  
105 Your word is a lamp to my feet And a light to my path.

## Biblical Counseling

### Requirements for Biblical Counselors – Biblical Knowledge

Proverbs 2:1–11

- <sup>1</sup> My son, if you will receive my words And treasure my commandments within you,  
<sup>2</sup> Make your ear attentive to wisdom, Incline your heart to understanding;  
<sup>3</sup> For if you cry for discernment, Lift your voice for understanding;  
<sup>4</sup> If you seek her as silver And search for her as for hidden treasures;  
<sup>5</sup> Then you will discern the fear of the LORD And discover the knowledge of God.  
<sup>6</sup> For the LORD gives wisdom; From His mouth come knowledge and understanding.  
<sup>7</sup> He stores up sound wisdom for the upright; He is a shield to those who walk in integrity,  
<sup>8</sup> Guarding the paths of justice, And He preserves the way of His godly ones.  
<sup>9</sup> Then you will discern righteousness and justice And equity and every good course.  
<sup>10</sup> For wisdom will enter your heart And knowledge will be pleasant to your soul;  
<sup>11</sup> Discretion will guard you, Understanding will watch over you,

## Biblical Counseling

### Requirements for Biblical Counselors – Biblical Knowledge

Psalms 119:9–11

- <sup>9</sup> How can a young man keep his way pure?  
By keeping it according to Your word.  
<sup>10</sup> With all my heart I have sought You; Do not let me wander from Your commandments.  
<sup>11</sup> Your word I have treasured in my heart,  
That I may not sin against You.

## Biblical Counseling

### Requirements for Biblical Counselors - Faithfulness

1 Tim 4:16

16 Pay close attention to yourself and to your teaching; persevere in these things, for as you do this you will ensure salvation both for yourself and for those who hear you.

## Biblical Counseling

### Requirements for Biblical Counselors - Dependence

1 Corinthians 2:12–13

<sup>12</sup> Now we have received, not the spirit of the world, but the Spirit who is from God, so that we may know the things freely given to us by God,

<sup>13</sup> which things we also speak, not in words taught by human wisdom, but in those taught by the Spirit, combining spiritual thoughts with spiritual words.

## Biblical Counseling

### General Challenges in Counseling

#### Being Prepared

Recognizing the opportunity

Being spiritually prepared to respond

## Biblical Counseling

### General Challenges in Counseling

#### Differing Expectations

A person may simply want to be encouraged and/or affirmed

A person may want you to focus on the person who has caused them trouble

A person may want to learn what the Lord wants in their circumstance

A person may be looking for a listening ear but has no desire to hear what you have to say

## Biblical Counseling

### General Challenges in Counseling

#### Making an Accurate Assessment

It is very easy to jump to conclusions when offering counsel

A person seeking counsel will often favor themselves when presenting their situation

The initial issue that is brought up may not be the primary issue

A person with habitual sin patterns often has established patterns of lying

## Biblical Counseling

### Caution!

#### Don't assume you can relate to your counselees problems

While there may be some similarities, there may also be significant differences

In the event there are similarities, just because your situation turned out favorably does not mean that they will have the same result

What God's Word says is of greatest benefit and importance

John 17:17

<sup>17</sup> "Sanctify them in the truth; Your word is truth.

## Biblical Counseling

### Caution!

**Be careful using illustrations of your past sinful behavior to help others**

A parent shares with their teen about their past sin and the consequences

You share about your divorce and the tragic consequences

## Biblical Counseling

### Caution!

**Be careful using illustrations of your past sinful behavior to help others**

Consider the Apostle Paul

1 Timothy 1:12–15

12 I thank Christ Jesus our Lord, who has strengthened me, because He considered me faithful, putting me into service,

13 even though I was formerly a blasphemer and a persecutor and a violent aggressor. Yet I was shown mercy because I acted ignorantly in unbelief;

14 and the grace of our Lord was more than abundant, with the faith and love which are found in Christ Jesus.

15 It is a trustworthy statement, deserving full acceptance, that Christ Jesus came into the world to save sinners, among whom I am foremost of all.

## Biblical Counseling

### Caution!

**Don't give the impression "Thus sayeth the Lord" when you are expressing your opinion.**

You may express some ideas on the application of Scripture

Illustration related to parenting

Illustration related to surfing

## Biblical Counseling

### Caution!

**Don't be a gossip**

Proverbs 11:13

<sup>13</sup> He who goes about as a talebearer reveals secrets, But he who is trustworthy conceals a matter.

Proverbs 20:19

<sup>19</sup> He who goes about as a slanderer reveals secrets, Therefore do not associate with a gossip.

2 Corinthians 12:20

<sup>20</sup> For I am afraid that perhaps when I come I may find you to be not what I wish and may be found by you to be not what you wish; that perhaps there will be strife, jealousy, angry tempers, disputes, slanders, gossip, arrogance, disturbances;

## Biblical Counseling

### Caution!

#### Be careful about promising confidentiality

Some issues may require assistance – threat of suicide, potential abortion, threat to others.

Some issues may require the involvement of the leadership of the church

Issues related to child safety

Issues related to false doctrine

Issues related to church discipline

## Biblical Counseling

### Caution!

#### Be careful when listening to one side of the story

Proverbs 18:17

<sup>17</sup>The first to plead his case seems right, Until another comes and examines him.

This may not be the result of intentional deception

A person may have an unbalanced view of their circumstances

A person may be self-deceived



## Biblical Counseling

### Caution!

#### Be careful when listening to one side of the story

Example from the life of David

2 Samuel 16:1–3

<sup>1</sup> Now when David had passed a little beyond the summit, behold, Ziba the servant of Mephibosheth met him with a couple of saddled donkeys, and on them were two hundred loaves of bread, a hundred clusters of raisins, a hundred summer fruits, and a jug of wine.

<sup>2</sup> The king said to Ziba, “Why do you have these?” And Ziba said, “The donkeys are for the king’s household to ride, and the bread and summer fruit for the young men to eat, and the wine, for whoever is faint in the wilderness to drink.”

<sup>3</sup> Then the king said, “And where is your master’s son?” And Ziba said to the king, “Behold, he is staying in Jerusalem, for he said, ‘Today the house of Israel will restore the kingdom of my father to me.’ ”

## Biblical Counseling

### Caution!

#### Be careful when listening to one side of the story

Example from the life of David

2 Samuel 19:24–27

<sup>24</sup> Then Mephibosheth the son of Saul came down to meet the king; and he had neither cared for his feet, nor trimmed his mustache, nor washed his clothes, from the day the king departed until the day he came home in peace.

<sup>25</sup> It was when he came from Jerusalem to meet the king, that the king said to him, “Why did you not go with me, Mephibosheth?”

<sup>26</sup> So he answered, “O my lord, the king, my servant deceived me; for your servant said, ‘I will saddle a donkey for myself that I may ride on it and go with the king,’ because your servant is lame.

<sup>27</sup> “Moreover, he has slandered your servant to my lord the king; but my lord the king is like the angel of God, therefore do what is good in your sight.