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**Thank you.**



# Countryside Bible Church

## Discipleship Counseling Notes – Level 1, Class 1

### Introduction to Biblical Counseling

#### **INTRODUCTION:**

#### **I. THE NEED OF BIBLICAL COUNSELING**

A. Understanding “the” Counselor (Gen 1:1, 26-28; Isa 9:6, 40:13)

B. Understanding the Counselee

1. Meditate on the Word for the purpose of understanding and applying the counsel of God (Ps 1).
2. Be humbled knowing from whom the counsel comes and our continuous need to grow in wisdom (Prov 2:6, 9:7-9).

3. Be encouraged in the sufficiency of God's Word/counsel (2 Pet 1:3-4, Gal 5:16, 22-24).

#### C. Understanding the Sufficiency of God's Counsel

1. Defining the origin of our problems (Gen 3)
2. Defining the solution to our problems (Gen 3:15; Matt 1:21)
3. Question on psychology
4. Application

## II. A DEFINITION OF BIBLICAL COUNSELING

### A. What Biblical Counseling Is Not

1. Biblical Counseling is not an autonomous ministry.
2. Biblical Counseling is not an activity reserved for the experts.
3. Biblical Counseling is not an optional ministry.
  - a) Acts 20:20, 31
  - b) Eph 4:15
4. Biblical Counseling is not an entity separate from discipleship.
  - a) Discipleship: The process of Christian *discipleship* happens when a more mature believer (in biblical knowledge, character, and practice) invests in another less

mature but faithful believer (2 Tim 2:2), through loving instruction of biblical truth alongside a godly example (Matt 28:19-20; 1 Cor 11:1), for the purpose of helping them to conform to the teaching and character of Jesus Christ.

Discipleship will therefore focus on two priorities: emboldening disciples in *the standard of sound doctrine* or *belief* (see also 2 Tim 1:13); and emboldening disciples in *the standard of sound living* or *action* (see also Phil 3:16).

- b) **Counseling:** Biblical counseling is a subset of discipleship. It is, in other words, the part of discipleship that focuses on a specific problem in a person's life that has compelled them to seek help formally or informally.

Biblical counseling is the process where God's Word (His counsel) is related individually, in love and in the power of the Holy Spirit, to a person who is struggling under the weight of personal sin and/or suffering, so that he or she is equipped practically to please God and be faithful in response to all that is going on in their life (2 Cor 5:9, 15; Eph 4:15; Phil 4:9).

5. Biblical Counseling is not an activity that is insensitive or uncaring.

## **B. What Biblical Counseling Is (Col 1:28-29)**

Definition: Biblical Counseling is the Spirit-empowered process of one Christian humbly and compassionately coming along side another with careful consideration of *all* data (personal, situational, and medical), to lend applicable words of hope, admonition, and/or practical help through Jesus Christ and His Truth, toward the goals of:

- Strengthening faith and one's relationship with God, so as to live for His glory, in His sufficiency, with abiding hope (trust, peace, joy) and usefulness in His kingdom, even amongst difficulty.
- Assisting them to make *specific* personal application of God's Truth (His person, works, promises, perspectives, commands) to their hearts (beliefs, affections, and will), their past, their current problems (sin and/or trial), their daily responses and conclusions, and their behavior—in true worship of God.
- All in the permeating context of the *Whole* Gospel (it's hope, privileges, and obligations), employing all the God-given elements of change (the Word of God, the Spirit of God, repentance [where needed] faith, the supremacy of Christ, mind renewal, the put off-put on principle, accountability, alertness of spiritual battle, the

disciplines of the Christian life, and eternal perspective), with strategic involvement of the local body of Christ (another key element of change).

1. Biblical counseling is God-centered.
2. Biblical counseling is “nouthetic.” (*neutheto* from the noun *nous*=mind and the verb *tithamie*=put into the mind, i.e., to place or put sense into the mind).
3. Biblical counseling discerns desires, thinking, and behavior that God wants to change.
4. Biblical counseling uses God's Word, by the Holy Spirit, to change desires, thinking, and behavior.
5. Biblical counseling regularly calls Christians to be God’s kind of man or woman in the midst of their circumstances.
6. Biblical Counseling seeks the sanctification of the Christian (into Christ-likeness) for the glory of God.