



Countryside Bible Church

Discipleship Counseling Notes – Level 1, Class 9 Biblical Counseling Methodology: Involvement, Inspiration

INTRODUCTION:

The 8 I's of Biblical Counseling Methodology

Crucial Ongoing Elements (Eight Basic Principles):

- Involvement (Loving Care)
- Inspiration (Hope)
- Inventory (Gathering of Personal Information)
- Interpretation (Understanding Biblically)
- Instruction (Scripture/Instruction)
- Inducement (Resolve/Diligence)
- Implementation (Application/Homework)
- Integration (Transfer/Disciple)

Important Considerations of a Biblical Methodology:

- Is this person a believer (as best as you can determine)? Have they responded and are responding to the Gospel of Jesus Christ? (Natural man or Spiritual Man – 1 Cor. 2)
- The Reality of the Spiritual Battle (Ephesians 6; 2 Corinthians 10; 1 Peter 5)
- The Importance of Meditation and Prayer (dependent work, faith, and love)
- The Holy Spirit is essential in the change process (Philippians 1:6; 2:12-13).

- The Importance of the Church (Ephesians 4:1-16)

I. Involvement (Loving Care)¹

- A. Biblical Examples — Matthew 9:35-38; 22:37-40; John 10; Hebrews 4:14-16; I John 3-4; Acts 20:31; Ephesians 5:1-2; 1 Thessalonians 2:7-12

Loving care is crucial for your effectiveness as a discipler.

B. A Definition

Involvement - “Building a Christlike relationship with the disciple/counselee where you put yourself (a fellow sinner and sufferer) in a position to help them know and love God (full of grace and full of Truth) and love others.”

Proverbs 27:5, 6, 9; Matthew 22:37-40; John 1:14; Galatians 6:1-10; Ephesians 5: 1-2; Colossians 1:28-29

Proverbs 27:6, 9 – The disciple needs to see the discipler as a friend.

C. Important Elements

1. Challenges Initiating Involvement

- a) The disciple may never have had such a relationship before.
- b) The disciple may never have experienced true concern.
- c) Your hope may be all that sustains the disciple’s hope at first (Romans 15:4-6).

2. How Involvement (Loving Care) Is Evidenced

- a) Be available (Acts 20:31). Keep balance of Galatians 6:2 and 6:5.
- b) Show compassion.

¹ An excellent quote from Matthew Henry: “The three qualifications of a good surgeon are requisite in a reprover: He should have an eagle’s eye, a lion’s heart, and a lady’s hand; in short, he should be endued with wisdom, courage, and meekness.”

- 1) Matthew 9:35-38
- 2) **John 11:32-38**
- 3) Hebrews 4:15-16
- 4) Romans 9:1-13
- 5) Why is it important? Compassion influences how people receive your instruction. Until we are moved with compassion, we are not ready to minister (Luke 13:34, 19:41; Mark 3:1-5; John 11:33-35; 1 Thessalonians 2:13-14). This includes being patient (Galatians 6:1; 2 Timothy 2:24-26).
 - Ways to develop compassion:
 - Read the Scriptures, memorizing and meditating on them.
 - How has God shown you compassion?
 - Read specifically about our God (full of compassion), specifically about Jesus in the Gospels (Matthew 9).
 - Ask them “What is it like going through?”
 - Ask yourself what it would be like to be in this person’s place.
 - Say to them, “This has got to be hard...”
 - Pray to be more compassionate.
 - Be around people who model it.
 - Yield to trials in your own life and learn all you can (humble yourself). James 1:4
 - Serve others in need.
- c) Take the disciple seriously. Don’t minimize the problem but maximize Christ’s sufficiency (Colossians 3:11).
- d) Be persuasive but not manipulative (2 Corinthians 1:24; Philemon 8-9).
 - 1) What’s the difference? We are to use the truth to persuade them, to encourage them to follow it.
 - 2) We are not using veiled threats to encourage obedience.
- e) Express confidence in the disciple’s ability to change and obey Scripture (Romans 15:4, 2 Corinthians 7:16, Philippians 1:6).
- f) Receive the disciple’s disagreements without being defensive (Romans 12:10, 1 Peter 2:17).
- g) Adhere to principles of confidentiality. (But explain the limits – up to the point that it is biblically allowable.) Romans 13; Matthew 18; Ephesians 6)
- h) Be honest (Ephesians 4:25)

- 1) About your credentials and academic qualifications. Communicate that you are a servant of Christ! (1 Corinthians 4:5, Romans 1:1, Philippians 1:1, Titus 1:1)
 - 2) About your own problems and sin but be wise in your sharing (1 Corinthians 2:1-3, 2 Corinthians. 1:8, 4:8-9).
 - 3) About your values, convictions, and standards (2 Corinthians 2:17, 4:2; 1 Thessalonians 2:1-4).
 - 4) About your agenda, goals, and methods.
- i) Model the fruit of the Spirit.
 - 1) These are qualities that build good relationships.
 - 2) You can't give away something you don't have.
 - j) Communicate clearly.
 - 1) With good content (Ephesians 4:25)
 - 2) With the right motivation (to edify) (Ephesians 4:29)
 - 3) At the right time (Proverbs 15:23)
 - 4) In the right manner (Proverbs 15:1-2, 15:28)
 - 5) In the right location (Proverbs 25:11)
 - k) Listen well (Proverbs 18:13, 17).
 - l) Be solution-oriented (not coping but more than conquerors).
 - m) Pray with and for the disciple.
 - n) Keep being motivated by God's love for you in Christ (Luke 7:41-47; 2 Corinthians 5:14)
 - o) Remember God is working on your own sanctification as well.
3. Other Issues to Consider
 - a) Counseling members of the opposite sex.

- 1) Apply wisdom – It’s easier for inappropriate relationships/feelings to develop in counseling context.
- 2) Men should counsel men and women counsel women when available (particularly at lay level). Pastors should be available for meeting with ladies in the congregation, while being aware of the above principle and taking wise steps.
- 3) If a man would be required to meet with a woman for counseling (pastor, etc.), they should follow guidelines laid out by church or counseling center (e.g., have another woman present, leave a door open, only meet during business hours, etc.). Plan for unique situations: what to do when only the lady shows up for counseling or when there is an emergency and you need to speak with a woman on the phone, etc.

b) Mandated Reporting² –

- 1) Definition: “A mandated reporter is a person required by law to report concerns of child abuse or neglect, elder abuse, or domestic violence.”

“In some states, all people are required to report suspected abuse, essentially making every person a mandated reporter. Most states, however, identify specific professionals as mandated reporters. In these cases, mandated reporters typically have frequent contact with the relevant group, such as children or seniors.”

- 2) State of Texas –

- Child Abuse – (Mandated – Yes)

“Texas has both civil and criminal laws to protect children from abuse and neglect. If you suspect that a child is being abused or neglected, the law requires that you report it. [Texas Family Code Section 261.101 (a)]”³

- Elder Abuse/Neglect^{4 5}– (Mandated – Yes)

“If you believe, that an adult who is elderly or with disabilities is in a state of abuse, neglect, or financial exploitation you are required to immediately report this to the DFPS, according to the [Human Resources Code Section 48.051](#) *External Link*.”⁶

² <https://mandatedreporter.com/what-is-a-mandated-reporter/>

³ https://www.dfps.texas.gov/Child_Protection/Child_Safety/report_abuse.asp

⁴ https://texas.public.law/statutes/tex._human_resources_code_section_48.051

⁵ https://www.dfps.texas.gov/Training/APS_Reporting/definitions_and_laws.asp

⁶ https://www.dfps.texas.gov/Training/APS_Reporting/reporting_who.asp

“The Texas Abuse Hotline is a toll-free, statewide reporting system that operates 24 hours a day, 7 days a week. DFPS’s Statewide Intake (SWI) division operates this hotline and an online reporting website (www.TxAbuseHotline.org*External Link*).”⁷

- Domestic Abuse⁸ – (Mandated – No)

“REPORTING BY WITNESSES ENCOURAGED. A person who witnesses family violence is encouraged to report the family violence to a local law enforcement agency.”

3) Burden of Love – (Matt 7:12)

Love requires us to protect the vulnerable (Is 1:17, Jer 22:3, 2 Thes 3:3)

c) Church Discipline⁹ –

1) The Threefold Purpose

- Glorify God by maintaining purity in the local church (1 Cor 5:6)
- To edify believers by deterring sin (1 Tim 5:20), and to
- Promote the spiritual welfare of the offending believer by calling him or her to return to a biblical standard of doctrine and conduct (Gal 6:1).

2) The Process¹⁰

“In [Matthew 18:15-17](#), Jesus sets forth the four step process of church discipline: (1) tell him his sin alone; (2) take some witnesses; (3) tell the church; and (4) treat him as an outsider.”

- Step One

“The process of church discipline begins on an individual level. Jesus said, “And if your brother sins, go and reprove him in private” (v. 15a). Here, an individual believer is to go to a sinning brother privately and confront him in a spirit of humility and gentleness. This confrontation involves clearly exposing his sin so that he is aware of it and calling him to repentance. If the sinning brother repents in response to the private confrontation, that brother is forgiven and restored (v. 15b).”

⁷ https://www.dfps.texas.gov/Training/APS_Reporting/default.asp

⁸ <https://statutes.capitol.texas.gov/Docs/FA/htm/FA.91.htm>

⁹ <https://countrysidebible.org/constitution?findText=Discipline>

¹⁰ <https://www.gracechurch.org/about/distinctives/church-discipline>

- **Step Two**

If the sinning brother refuses to listen to the one who has rebuked him privately, the next step in the discipline process is to take one or two more believers along to confront him again (v. 16a). The purpose of taking other believers is so that “by the mouth of two or three witnesses every fact may be confirmed” (v. 16b). In other words, the witnesses are present not only to confirm that the sin was committed but, in addition, to confirm that the sinning brother was properly rebuked and that he has or has not repented.

At this point, it should be hoped that the one or two who are brought along to confront the sinner will not have to become public witnesses against him before the rest of the church. Ideally, their added rebuke will be sufficient to induce a change of heart in the offending brother that the initial rebuke did not cause. If this change of heart does occur, that brother is forgiven and restored, and the matter is dropped.

- **Step Three**

If the sinning brother refuses to listen and respond to the confrontation of the witnesses after a period of time, those witnesses are then to tell it to the church (v. 17a). This is most appropriately done by bringing the matter to the attention of the elders, who in turn oversee its communication to the assembly as a whole.

- **Step Four**

The fourth and final step in the process of church discipline is ostracism. If a sinning believer refuses to listen even to the church, he is to be ostracized from the fellowship. Jesus said, “let him be to you as a Gentile and a tax-gatherer” (v. 17b). When a professing believer refuses to repent, the church is to treat him as if he were outside of the fellowship. They are not to let him associate and participate in the blessings and benefits of the Christian assembly.

II. Inspiration – (Giving Hope)

A. Definition:

Godly hope is a forward-looking faith (or assurance) that good will happen in our lives based on a confidence in who God is (ex: His goodness, love, sovereignty, wisdom, etc.) as defined by what He has promised to us (Romans 8:28-29) with present day implications toward holiness (1 John 3:3).

B. The Need for Hope in Counseling (Romans 8:18, 12:12; 1 Corinthians 10:13; 2 Corinthians 1; 4:1-18; 1 Thessalonians 1:3)

1. Consider those without hope.
2. Hope is crucial in the change process.
3. Hope is the great theme of the Bible.

C. People Who Need Hope

1. Generally
 - a) 1 Peter 1:3-7
 - b) 2 Corinthians 4:8
2. Specifically
 - a) People who have had problems for a long time
 - b) People with serious and difficult problems
 - c) People who have had life-shattering experiences
 - d) People who have failed
 - e) People who are spiritually weak
 - f) People who are elderly
 - g) People who have marriage difficulties
 - h) People who are facing marriage
 - i) People who are depressed
 - j) People who are suicidal
 - k) All counselees

D. Why People Lose Hope (Proverbs 13:12)

1. Hope Deferred: The good things hoped for are delayed temporarily or indefinitely.
2. Hope Restored: Our hope must be redirected to the right things – not mere wishes in this life but God's character and promises.

E. True Hope vs. Empty/False Hope

1. EMPTY
 - a) Focused on the world and the things in it (Revelation 18:11)
 - b) Result of the natural man/flesh (Romans 8:5; Matthew 6:19-21)

- c) Due to wrong goals (Revelation 18:11)

2. TRUE

- a) Focused on God and His promises (Psalms 42-43),
- b) Result of salvation (1 Peter 1:3)
- c) Based upon Scripture / what we know to be true (Rom. 5:2-3; James 1:2-3) (Ps. 119:49; Ps. 130:5; Rom 15:4,13)
- d) A choice (1 Pet. 1:13) in focusing on God, His deeds and His promises (e.g. Christ's return and heaven - Rom 8:18; 2 Cor 4:16-18 1 Thess 1:10)

F. How to Inspire Hope

1. Share the whole gospel in context, both narrow (1 Corinthians 15) and broad implications (e.g., Ephesians 1:3-14)
2. Help them grow in their faith in/relationship with Christ (2 Peter 3:18).
 - a) God's character
 - 1) God cares (1 Peter 5:7).
 - 2) God can help (Psalm 121:1-4).
 - 3) God answers prayers (Hebrews 4:14-16).
 - 4) God sympathizes (Hebrews 4:15).
 - 5) God gives grace to help the humble (Hebrews 4:16; 1 Peter 5:5).
 - b) God's promises (Romans 8, James 1)
3. Teach counselee to think biblically.
 - a) About God's character (Psalms 73, 77; Lamentations 3; Jeremiah 45)
 - b) About their situation
 - c) About possibility for good (Genesis 50:20; Romans 8:28-29)
 - d) About divine resources (2 Peter 1:3ff)
 - e) About the nature and cause of the problem
 - f) About language used (1 Corinthians 2)
 - g) About medication
 - h) Focus on Christ's soon return (1 Peter 1:13)
 - i) Beware of partial truths
 - j) Where we find true and lasting comfort (Romans 15:4,13)

- k) We don't have to experience the same thing as others in order to share God's comfort with them (2 Corinthians 1).
- 4. Be solution-oriented (not coping but more than conquerors).
- 5. Be a model of hope (Philippians 4:9).