



Countryside Bible Church

Discipleship Counseling Notes – L1, C11 Biblical Counseling Methodology: Instruction

INTRODUCTION:

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).

I. Involvement (Loving Care)

II. Inspiration (Giving Hope)

III. Inventory (Gathering Data)

IV. Interpretation (Understanding Biblically)

V. Instruction (Scripture)

A. Prerequisites for Effective Instruction

1. Attitudinal Forgiveness – Mark 11:25
2. Humility – Philippians 2:3-4
 - a) Believe the best, withhold negative judgements. (If something is off, clarify what the person meant before finalizing negative judgement.)
 - b) Servant’s attitude
3. Gracious/Balanced View of One Another – Psalm 145:8, 2 Corinthians 5:17
 - a) God, in Christ, views us graciously.
 - b) Many times, Christians can have an ungracious view because they are focused on other’s failings and sins.
 - c) What about people that are hard to see anything good in?
4. Patience – 1 Corinthians 13:4

B. For the Unbeliever¹

“The only person who can really operate at a level of depth is the person who knows how to go to the heart of a man’s problem. And the only way to go to the heart of a man’s problem is through the Gospel of Jesus Christ ministered in the power of the Holy Spirit, who transforms the heart of man and thus transforms his life patterns.” -Jay Adams

1. A Biblical Look at the Person = Sinner
 - a) What one is - culpable and condemned (guilty)
 - 1) He is born in sin. (Romans 3:23; Psalm 51:5)

¹ This material is adapted from Jay E. Adams, *A Theology of Christian Counseling* (Grand Rapids: Zondervan, 1979).

- 2) He doesn't know Jesus Christ or desire to know Him. (John 3:19-21; Romans 3:10ff; 8:1; Hebrews 9:27)
- b) What one can do - incapable (severe limitations)
 - 1) Incapable of understanding God's revealed will (1 Corinthians 2:14-15)
 - 2) Incapable of doing God's revealed will from the heart (Romans 8:7-8; Galatians 3:1-3)
 - c) What one becomes by his own effort – (abominable) Isaiah 64:6
 - 1) If he stresses outward change alone = a legalistic liberal
 - 2) If he stresses inner change alone as a professing Christian (Rom.6-8) = a cold orthodox lecturer (if all lip service and no works = unsaved: James 2:14-26)
2. A Biblical Look at the Problem = Sin
- Sin is why the problems exist, either directly or indirectly. Sin is rebellion against God's holy law, and it reaches to the core of man's heart (Jeremiah 17:9-10; Genesis 6:5; Romans 3:10ff; Isaiah 53:4-6, 64:6).
- What we must do with the unbeliever is something introductory to what will bring the greater thing (if indeed he comes to know Jesus Christ as his Savior Lord). This is what we call pre-counseling. Another way to describe it is problem-oriented evangelism.
3. A Biblical Look at the Process = Salvation (Pre-Counseling/Evangelism)
- a) Approach the unsaved with both hands holding help.
 - 1) One hand holds something very minimal – temporal. (Matthew 5:42)
 - 2) The other hand holds the entrance into real counseling – eternal.
 - b) Give pre-counseling hope to those who have lost it.
 - c) Approach each person differently. (John 3, 4)
 - d) Point out where the pre-counseling originated. (God and His Word; 2 Peter 1:21)
 - e) There comes a point where you have given all the pre-counseling help you can give. You must say "Whoa!" (Matthew 19; Luke 15:14-19). Christ must not be represented as a cosmic genie, or a God who can be domesticated to

serve the proud sinner. We are talking about redemption, radical surgery, repentance, and Lordship.

- f) If they haven't responded to the Gospel, leave them with a heavenly burr under their saddle (Proverbs 13:15). Yet always keep the invitation open if they should want to talk further.
- g) Question: I understand this approach if someone comes to you for counseling, but what about the friend, family member, or neighbor who you are trying to reach out to with the Gospel?

Answer: Luke 6:22 principle - Follow me as I follow Christ. They will either be drawn by the Spirit and follow, or they will "ostracize you for the sake of the Son of Man." (cf. John 6:35-40; Matthew 19:16-26)

4. Suggested Reading/Homework List

- a) Mike McKinley, *Am I Really a Christian?* (9Marks)
- b) Mike Fabarez, *Exploring the Gospel: Being Sure You're Right with God*
- c) John Blanchard, *Ultimate Questions* (Evangelical Press)
- d) Philip Tait, *The Real Thing* (Grace Publications Trust)
- e) John MacArthur, *The Gospel According to Jesus* (Zondervan)
- f) John MacArthur, *Saved Without a Doubt* (Victor)
- g) John MacArthur, "Examine Yourself"
- h) Walter Chantry, *Today's Gospel* (Banner of Truth)
- i) C. John Miller, *Repentance and the 20th Century Man* (Christian Literature Crusade)
- j) Joseph Alleine, *A Sure Guide to Heaven* (The Banner of Truth Trust)
- k) Ernest C. Reisinger, *What Should We Think of the Carnal Christian* (The Banner of Truth Trust)
- l) Sinclair B. Ferguson, *Healthy Christian Growth* (The Banner of Truth Trust)
- m) John MacArthur, *Faith Works* (Word)
- n) John B. Leuzarder, *The Gospel for Children*
- o) "The Character of Genuine Saving Faith," from *The MacArthur Study Bible*
- p) David Martyn Lloyd-Jones, *Out of the Depths: Restoring Fellowship with God* (Good News)

C. For the Believer²

1. Two Mistaken Ideas about Counseling Instruction (2 Timothy 3:16-17)
 - 1) Counseling is all instruction.
 - 2) Counseling is no or little instruction.
2. The Nature of Counseling Instruction
 - a) Instruction should be biblically acceptable.
 - 1) The Bible is practical. Psalm 119:105
 - 2) The Bible is comprehensive. 2 Peter 1:3
 - 3) The Bible is trustworthy. John 17:17
 - 4) The Bible is adequate. 2 Timothy 3:16-17
 - 5) “Whatever is true and necessary for successful living, i.e., whatever is true and necessary for handling and solving the problems of life will be found in God’s Word.” Wayne Mack
 - b) Instruction should be biblically accurate (2 Timothy 2:15).
 - 1) Know the meaning of important biblical words.
 - 2) Determine the meaning of a verse (passage) within its context.
 - 3) Interpret every passage in harmony with the rest of Scripture.
 - 4) Become familiar with the God-given purpose for certain portions of Scripture (i.e., John 20:31; 1 Corinthians 10:6,11; Numbers 11:23, etc.).
 - 5) Biblical instruction must be Christocentric and evangelical in emphasis.
 - 6) Use instruction that is action oriented. Colossians 1:9-10, Matthew 28:20
 - 7) Emphasize the three-factored application. Ephesians 4:22-24

² This material is adapted from John MacArthur and Wayne A. Mack, *Introduction to Biblical Counseling* (Word).

- 8) Clearly differentiate between divine directives and human suggestions (1 Corinthians 4:6).
- c) Instruction should be biblically appropriate.
- 1) The content of instruction should be appropriate to the counselee's problems, need and condition, spiritual maturity, receptivity, personal background (i.e., Hebrews 5:11-14).
 - 2) The method of instruction should be appropriate to the counselee's learning style (e.g., Christ in the Gospels: lecture, observation, experience, research, discussion, questions, reading assignments, evaluation, self-disclosure, illustration, role-playing, interviews, visuals). Deuteronomy 6:4-9
 - 3) The timing of instruction should be appropriate - so they are ready to receive them. (John 16:12 – The disciples couldn't process all the revelation at that point; more was to come: the Epistles.)
- d) Instruction should be spoken in love (Ephesians 4:15).
- 1) Speak truth. (Colossians 3:9)
 - The verb denotes continuous action.
 - Honesty is more than not lying.
 - 2) Speak truth lovingly. (Proverbs 15:28)
 - Be concerned with what you say.
 - Be concerned with how you say it.
 - Words
 - Body language
 - Tone
 - Be concerned with how much you say.
 - Be concerned with when you say it.

3. The Development of Counseling Instruction

- a) Develop a topical work list and/or files.
- b) Produce a personalized chain-referenced Bible.
- c) Become familiar with people and their research on certain topics.
 - 1) People to call or email
 - 2) Books written addressing specific issues

d) Utilize training resources.

Graduate/Undergraduate Training

- 1) Southern Baptist Theological Seminary/Boyce College (offers a BA, MA, MDiv, ThM, D.Min and PhD all in Biblical Counseling) 2825 Lexington Road, Louisville, KY 40280 (502) 897-4799
- 2) Faith Biblical Counseling Ministries, and Seminary 5526 State Road 26 East Lafayette, IN (765) 448-1555 www.faithlafayette.org/counseling (They have a resource center online.)
- 3) The Master's University, Santa Clarita, CA www.masters.edu (offers a BA and MA in biblical counseling). Offers a BA and MA in biblical counseling. They are soon to offer a D.Min in biblical counseling.

Certificate Programs

- 4) ACBC (Association of Certified Biblical Counselors) – 5401 N. Oak Trafficway Kansas City, MO 64118 www.biblicalcounseling.com
- 5) IBCD (The Institute for Biblical Counseling and Discipleship) – various resources available in biblical counseling. www.ibcd.org

Conferences / Regional Training

- 6) ACBC (Association of Certified Biblical Counselors) – 5401 N. Oak Trafficway Kansas City, MO 64118 www.biblicalcounseling.com
- 7) Calvary Bible Chapel – 4800 El Campo Ave, Fort Worth, TX 76107 <https://www.cbcbfortworth.org/biblical-counseling>
- 8) Grace Bible – 201 E. Clifton Road, Granbury TX 76049 <http://thebcd.org/>
- 9) C.C.E.F. East, 1790 East Willow Grove Ave., Laverock, PA 19118 (215) 884-7676 (*Journal of Biblical Counseling*) www.ccef.org (with discernment)

In-patient Soul Care

- 10) Faith Biblical Counseling Ministries, and Seminary 5526 State Road 26 East Lafayette, IN (765) 448-1555 www.faithlafayette.org/counseling (They have a resource center, online.)
 - Vision of Hope (women's in-patient facility)
 - Bethany Farms (men's in-patient facility)
- 11) The Damascus House (8-men facility for men with drug and alcohol enslavement, no charge) <https://www.thedamascushouse.com>
- 12) The Adirondack Bible Chapel (In-house for men and women) www.adirondackbiblechapel.org/ministry-center

Additional Resources

- 13) www.oneeightycounseling.com An educational and training service founded by Stuart Scott to assist local churches in the training and counseling area (Midwest and California). It's an ACBC certified Training Center.
- 14) IBCD (The Institute for Biblical Counseling and Discipleship) – various resources available in biblical counseling. www.ibcd.org
- 15) C.C.E.F. East, 1790 East Willow Grove Ave., Laverock, PA 19118 (215) 884-7676 (*Journal of Biblical Counseling*) www.ccef.org with discernment
- 16) Steve Yu – counseling resources in Orange County, CA
www.biblicalcounselingbooks.com
- 17) <https://www.faithlafayette.org/resources/topics> > Click on “Christian Life and Growth”
- 18) Brad Bigney (author of Gospel Treason) – sample teaching/homework
<https://www.graceky.org/biblical-counseling/counselor-toolbox/#1532725616184-7a2a52b4-755f>
- 19) BCC (Biblical Counseling Coalition) with discernment
www.biblicalcounselingcoalition.org