

What makes Biblical Counseling Biblical?

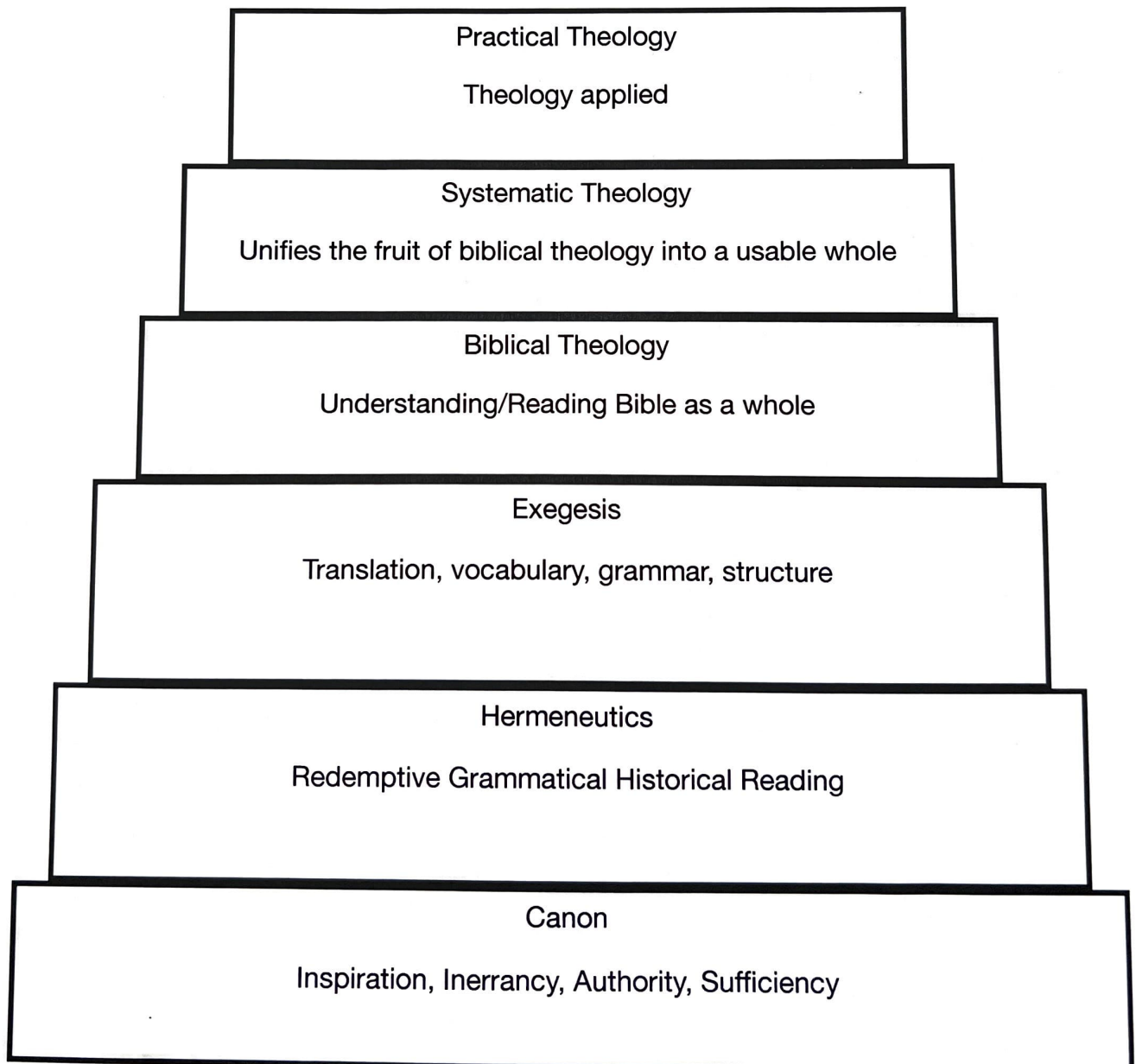
Why is this topic needed?

- Because people use the term “biblical counseling” in a variety of ways.
- Because we all need caution and wisdom as we add ideas to our counseling models.

1.) When it recognizes the Bible as foundational.

A. Theological Pyramid.

-Level six without levels 1-5 is ineffective and incomplete and is not BC.



2.) When it recognizes the Bible as sufficient.

A.) Gods Word provides all that we need for life and godliness.

-2 Tim.3:14-17: *"You, however, continue in the things you have learned and become convinced of, knowing from whom you have learned them and that from childhood you have known the sacred writings which are able to give you the wisdom that leads to salvation through faith which is in Christ Jesus. All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness, so that the man of God may be adequate, equipped for every good work."*

-2 Peter 1:3: *"seeing that His divine power has granted to us everything pertaining to life and godliness, through the true knowledge of Him who called us by His own glory and excellence."*

-Ps.19:7: *"The law of the Lord is perfect, restoring the soul, the testimony of the Lord is sure, making wise the simple."*

B.) The noetic effect of sin has tainted our ability to know truth and appropriately address human problems.

-Noetic: from the Greek word "nous" (mind) referring to sins effect on our ability to think, reason, and know truth.

C.) God's Word defines our counseling practices.

-Our goal is to have counseling practices that emerge from Scripture, as opposed to one that is simply consistent with it.

Ex: listening, discipleship, wisdom, forgiveness

-We interact with secular thinkers and writings to stimulate our own theological work.

-Biblical counseling has historically placed a high value on the place of legitimate medical science in our counseling model and practice.

D.) God's Word is His unique provision.

-It teaches us. (2 Tim.3:16)

-It reveals His plan for man. (Rom.8:29)

-It produces biblical faith. (Rom.10:17, Heb.11:6)

-It transforms people at the heart level. (Matt.15:17-20, Luke 6:43-45)

-It challenges people to live Christ-centered lives. (Col.1:18)

-It offers godly hope and joy. (Rom.15:4, Ps..5:11)

3.) When it can be derived and understood by any growing believer.

-Not a knowledge reserved for a select few

-Resulting in increased confidence on the part of the trained believers.

4.) When it is built on key doctrines of the faith.

A.) A biblical understanding of man's sinful condition and the resulting confusion, wickedness, and suffering in this fallen world.

-Ps.51:3-5: *"For I know my transgressions, and my sin is ever before me. Against You, You only, I have sinned and done what is evil in Your sight, so that You are justified when you speak and blameless when You judge. Behold, I was brought forth in iniquity, and in sin my mother conceived me."*

-Romans 3:23: *"For all have sinned and fall short of the glory of God."*

B.) The impact of the gospel and the beauty of our Redeemer.

-Eph.2:4-7: *"But God, being rich in mercy, because of His great love with which He loved us, even when we were dead in our transgressions, made us alive together with Christ-by grace you have been saved- and raised us up with him and seated us with him in the heavenly places in Christ Jesus, so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus."*

C.) The believers union with Christ.

-Romans 6:4: *"We were buried therefore with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life."*

-2 Cor.5:14: *"Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come."*

D.) The role of the Holy Spirit and the process of change.

-Romans 8:11: *"If the Spirit of him who raised Jesus from the death dwells in you, he who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit who dwells in you."*

E.) The hope and joy of reconciliation with God and man.

-Ps.32:1-2: *"Blessed is the one whose transgression is forgiven, whose sin is covered. Blessed is the man against whom the Lord counts no iniquity, and in whose spirit there is no deceit."*

F.) The privilege and power of prayer.

-Heb.4:16: *"Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need."*

G.) The anticipation of our Lords return.

-Rev.21:4: *"He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away."*

Key Elements

1.) Building Loving Involvement.

- A. Christ's model (John 1:14)
- B. Paul's example (Acts 20:31, 1 Thess.2:7-9)
- C. Believers command (1 John 4:7-11)

Steps to accomplish this:

- Be sensitive to their struggles and try to understand where they are, enter their world.
- Become their spiritual friend
- Be genuine and explain biblical values
- Walk with them compassionately in times of suffering
- Confront them lovingly in times of sin

2.) Share Biblical Hope (1 Jn.1:1-3; Rom.15:4; 1 Peter 1:3)

- Phil.1:6: *"He who began a good work in you will perfect it until the day of Christ Jesus."*
- 1 Cor.10:13: *"No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it."*

Steps to accomplish this:

- Cast a vision of what God can do through His Word
- Teach the promises of God regarding His character, and good plans for His people.
- Illustrate how victory is possible in the midst of hardship and difficulty
- Don't be manipulated by the behavior of others
- Use biblical terminology to describe problems
- Start with the most accountable/responsible person before God

3.) Gather Data

- Pr.20:5: *"The purpose in a man's heart is like deep water but a man of understanding will draw it out."*

Steps to accomplish this:

- Listen to the problems being presented
- Have counselee fill out a PDI
- Ask good questions (extensive/intensive)
- Watch for non-verbal communication

4.) Evaluate the Problem Biblically.

- 1.) Distinguish between occasions of suffering and of sinning.
- 2.) Use the counselee's story as an opportunity to address problems.
- 3.) Use biblical terminology when discussing problems

Steps to accomplish this:

- Seek to understand the emotions involved
- Analyze the individual's patterns of behavior
- Discern what the person is thinking
- Probe for desires of the heart

5.) Provide Biblical Instruction.

-Ps.119:105: *"Your word is a lamp to my feet and a light to my path."*

-2 Tim.2:15: *"Be diligent to present yourself approved to God as a workman who does not need to be ashamed, accurately handling the word of truth."*

Steps to accomplish this:

- Follow sound principles of hermeneutics
- Apply the texts to the specific situations
- Develop creative ways of teaching Scripture
- Constantly consider how sermons or other resources can be helpful
- Use diagrams and illustrations to help instruct
- Use compelling personal testimonies that teach truth
- Remember not everyone will be willing to hear instruction.

6.) Assign Practical Homework.

- 1.) Help the individual take responsibility for their part in the change process.
- 2.) Develop a practical system to help people become knowers and doers of the Word
- 3.) Recognize that talk alone robs people of the hope available in God and His Word.
- 4.) Continues application of biblical truth
- 5.) Allows people to believe things can be different today
- 6.) Uncovers additional problems

Steps to accomplish this:

- Use different types of homework
- Cultivate the discipline of prayer (specific not general)
- Use assignments that accurately reflect what was emphasized in the session and what will tie into the next session
- Homework should involve knowing and doing

**Much of this has been modified from Faith Biblical Counseling Training Resources*

Secular Counseling

Approaches to Counseling	Instinctual (Freud)	Behavioral (Skinner)	Positive Potential (Rogers)	Spiritists (Psychic)	Medical Model (Psychiatrist)
Basic View of Man	Driven by Instinct	Animals	Intrinsically Good	Helpless before spirits	Physical being only
Cause of Problem	Poor socialization	Environmental Conditioning	Mind blocked by negative thinking	Under control of spirits, demons, etc.	Disease, Brain Chemistry
Cure	Resocialization by expert	Reconditioned by expert	Positive Thinking	Appease, Cast out	Drugs by expert
Counseling Technique	Psychoanalysis, therapy	Change behavior, rewards/punish	Reflect positive thinking	Exorcism, Horoscope	Questionnaire, feelings
Counselors terminology	Id, Ego, Superego, subconscious	Positive/Negative Stimulus	Self-esteem	Cursed, Possessed	Chemical imbalance
Counseling Focus	Liberate self from past	Improve self with training	Elevate Self	Release self from bondage	Improve self through health