

Introduction to Biblical Counseling (pt. 1)

Selected Scriptures

I. Introduction to Biblical Counseling

Definition - Biblical counseling is confronting/admonishing/instructing people with the Word of God in the power of the Spirit of God to help them **change** their thinking and behavior to make them more like Christ for God's glory and their good.

A. Psychology is diametrically opposed to the ***Bible***

1. Psychology is wrong because of who ***founded*** it (2 Tim. 3:5; Ps. 1:1-2)
2. Psychology is wrong because of what it ***teaches***

There are four foundational beliefs on which psychology is based:

- a) Man is a product of ***evolution*** and is basically good by nature
- b) Man is not ***responsible*** for his actions and attitudes
- c) The ***Bible***, prayer, and the Holy Spirit are inadequate and too simplistic to solve deep emotional and spiritual problems
- d) Psychiatrists are ***experts*** in dealing with people's problems

Psychologists try to make a place for their practice by stating that...

- (1) If you're sick - see a ***doctor***
- (2) If you're confused about God - see a ***pastor***
- (3) If you're depressed - see a ***psychologist***
3. Psychology is wrong because of how it ***works***
4. Psychology is wrong because it has ***not*** worked

B. Psychology can not be integrated with ***Christianity***

1. Integration attempts to mix Christ with ***Belial*** (2 Cor. 6:14-18)
2. Integration denies the Bible's claim of ***sufficiency***
3. Integration denies Christ's ***adequacy*** was the Wonderful Counselor

TAKE HOME:

- **Build** your foundation on the rock who is Christ not the sand of this world
- Don't be **intimidated** by the world's system rather put your confidence in God's Word
- Ask God to help you be a better **counselor** who seeks to point others to Jesus

Foundation of Biblical Counseling (pt. 2)

Selected Scriptures

Why should I trust in the Bible?

1. **Inspiration** of Scripture - God breathed (2 Tim. 3:16-17)
2. **Inherency** of Scripture - no error (Rev. 22:18-19)
3. **Infallibility** of Scripture - never fails (Isa. 55:10-11)
4. **Sufficiency** of Scripture - capable to handle any problem, adequate to answer any question, and superior to any other explanation (2 Pet. 1:3)

II. Foundation to Biblical Counseling

- A. The **Sufficiency** of the Word of God (2 Tim. 3:16-17; 2 Pet. 1:3)
- B. The **Supremacy** of the Glory of God (Rev. 4:11; Isa. 43:7; 1 Cor. 10:31)

Christian Hedonism

Hedonism - the doctrine that pleasure or happiness is the sole or chief good in life

Christian - describes one who is a believer in Jesus and who faithfully follows all He taught in the Bible

Christian Hedonism - a Christian who pursues his pleasure in God

The **Westminster Catechism** says... (on the ppt.)

*The chief end of man is to glorify God
AND
enjoy him forever.*

*The chief end of man is to glorify God
BY
enjoying him forever*

C.S. Lewis says it this way...

*"We are half-hearted creatures, fooling about with drink and sex and ambition when infinite joy is offered us, like an ignorant child who wants to go on making mud pies in a slum because he cannot imagine what is meant by the offer of a holiday at the sea. **We are far too easily pleased.**"*

- C. The **Centrality** of the Son of God (Col. 1:28; Rom. 8:28-29)
- D. The **Efficacy** of the Spirit of God (Jn. 14:16; 16:8; 2 Thes. 2:13; Titus 3:5)
- E. The **Depravity** of Man (Gen. 1:26-27; Rom. 5:12; 6:23; 8:7-8; Eph. 2:1-3)
- F. The **Sovereignty** of Salvation (Jn. 6:44-46; 15:16; Rom. 8:29-30; Eph. 2:8-9)
- G. The **Primacy** of the Local Church (Matt. 16:18; 28:19-20; Acts 1:8; 2:47; 20:28)
 - 1. The church has a **pastor** (Acts 6:4)
 - 2. The church has other **believers** (Rom. 15:14)
 - 3. The church has **discipline** (Matt. 18:15-17)
- H. The **Imminency** of Christ's Return (Jn. 14:23; 1 Thes. 4:16-17; Rev. 19)

TAKE HOME:

- Do you see the Bible as being **sufficient** for everything you need, or does it leave out things that psychology can help with?
- Can you truly say that your chief end in life is to glorify God **by** enjoying Him forever?
- Are you totally dependent on God to **light** the gospel bomb in the life of the person that you are counseling or concerned about?

III. Definition of Biblical Counseling

- A. Biblical counseling is confronting/admonishing/instructing people with the Word of God in the power of the Spirit of God to help them ***change*** their thinking and behavior ***to make them more like Christ*** for God's glory and their good.
- B. Biblical counseling is often referred to as "***nouthetic*** counseling" (Acts 20:31; Rom. 15:14; 1 Cor. 4:14; Col. 1:28; 3:16; 1 Thes. 5:12-14; 2 Thes. 3:15)
- C. Biblical counseling is about identifying and crushing ***idols*** of the heart
 - 1. What are ***idols*** of the heart?
 - a) "***The lust of the flesh***" - the controlling desire for sensual pleasure, for ease and comfort, or for physical gratification (food, drugs, alcohol, sex)
 - b) "***The lust of the eyes***" - the controlling desire for profit or material things (money, clothes, cars, houses)
 - c) "***The pride of life***" - the controlling desire to be great in one's self or for self, to be accepted and approved by others, to have power, to be in control, to be recognized and respected or to be regarded as successful (popularity, praise)
 - 2. How do you ***know*** if something is really an idol?
 - a) What did you ***have to do*** to get it?
 - b) What did you do when you ***didn't get it***?
 - 3. How do you ***destroy*** the idols of the heart?
 - a) ***Repentance*** from the heart (Isaiah 55:6-7) We must have a "change of mind."
 - b) ***Radical*** amputation of the sin (Matt. 5:29-30)
 - c) ***Renewal*** of your mind (Rom. 12:2; 2 Cor. 10:5)
 - d) ***Replacement*** of sinful habits with godly ones (Eph. 4:22-24)
- D. Biblical counseling is about ***forgiving*** each other from the heart
 - 1. Never ***bring it up*** again (1 Cor. 13:5)
 - 2. Never bring it up to ***others*** again (Eph. 4:29)

3. Never **dwell** on it again (Phil. 4:8; Col. 3:1-2)
- E. Biblical counseling is about speaking the truth in love in your **communication**
1. Be **honest** (Eph. 4:25)
 2. Keep **current** (Eph. 4:26-27)
 3. Act, don't **react** (Eph. 4:29-30)
 4. Attack the **problem**, not the person (Eph. 4:31-32)

TAKE HOME:

- You can only do spiritual surgery well if you are also **willing** to be operated on
- What are the idols in your **heart** that you tend to gravitate towards and that you are tempted to worship?
- Communication and **forgiveness** are going to be major issues that arise in any counseling situation

Implementation of Biblical Counseling (pt. 4)

Selected Scriptures

IV. Implementation of Biblical Counseling

- A. Get to **know** the person
1. Do you **care**?
 2. Can you **help**?
- B. Get **information**
1. Personal **data** inventory form
 2. **Non**-verbal communication
 3. Ask **open**-ended questions

C. Get to the **bottom** of it

D. Give **instruction**

E. Give **hope**

F. Get a **commitment**

G. Give **homework**

1. **Read** the Bible

2. Spend time in **prayer**

3. **Memorize** key Scriptures

4. Read biblical counseling **materials**

5. Make a **log** of what is going on

6. Attack the problem by **doing something** about it

7. Attend **church** on Sunday and take notes

TAKE HOME:

- Sometimes the most loving thing you can do is **admonish** someone else
- You must be **filled** with the knowledge of God's Word in order to properly instruct someone else
- Giving specific **homework** helps people grow and change at close range