Biblical Counseling

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Introduction: _____

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_____ of Biblical Counseling (2 Peter 1:3–4)

    A. What Biblical Counseling is not:
        1. Modern psychology
        2. Group therapy
        3. Humanistic
           a. Power of positive thinking
           b. Self–help

    B. What Biblical Counseling is:

        1. God–Centered

        2. Bible–Centered

        3. Salvation–Centered

           a. All human problems are rooted in man's sin nature (Romans 5:12)
           b. Christian problems stem from disobedience or lack of application of truth

I.   _____ in Biblical Counseling

    A. The Holy Spirit
        1. John 16:8–11—conviction of sin
        2. John 16:13–14—guide into all truth

    B. Counselor

    C. Counselee
        1. Counselor needs to assess counselee's purpose for coming
           a. Is it to _____ the counselor his decision and not willing to listen to any other option?

b. Is it to get _____ or find someone who agrees with a decision already made?

c. Is he there to sincerely _____ counsel?

2. Assess counselee's spiritual condition:
   a. Unsaved
   b. Carnal
   c. Spiritual

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2. _____ of Biblical Counseling

A. Forms of Counseling

1. From the pulpit—marital or family counseling

2. Formal appointments

B. Format for Counseling Session

1. Preliminary questionnaire filled out before the session
2. Prayer
3. Counselee state problem; counselor listens (Daniel 1:19)
4. Counselor asks for any clarifications
5. Record keeping—keep file on each person
6. If more than one session is needed, give assignment and schedule follow–up appointment

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3. _____ in Biblical Counseling

A. All counseling is confidential except if a law is broken that must be reported.

B. Discern and assess root cause—if a sin issue, go over the sin cycle.

C. Assess the counselee—submissive to obey Scripture? If counselee is not willing to follow biblical counseling, the counselor is no longer obligated to continue counsel.

D. Give Bible solutions and biblical repentance and reconciliation principles

E. Direct counselee to be accountable to Scripture rather than dependent on a counselor.

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Conclusion: _____

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