

Sunday School

The Basics of Biblical Counseling

1. Defining biblical counseling

- 1.1 What biblical counseling **is not**
- 1.2 What biblical counseling is
 - 1.2.1 A ministry of the Word
 - 1.2.2 Discipleship
 - 1.2.3 Sanctification through the Word, the Spirit, and friendship
 - 1.2.4 Biblical counseling is Christ-centered, redemptive, and dependent on God's grace and Spirit.
- 1.3 The contexts of biblical counseling
 - 1.3.1 The local church
 - 1.3.2 Christian friendships
 - 1.3.3 Small context (one on one, marriage, family, fellow believers)

2. Identifying qualified "counselors"

- 2.1 A Christian who is mature, knows Scripture, and is spiritually minded.
Gal. 6:1-2; Rom. 15:14; Heb. 10:24-25; Jas. 5:19-20
- 2.2 Some may pursue training, which has good benefits. We can learn from others who have dealt with particular issues, or who have been long-time practitioners. Precautions: Sometimes training can produce a "professionalism"
Sometimes the person who is trained can rely on his training and have an expert attitude.

3. The Presuppositions of Biblical Counseling

- 3.1 The foundation is God's revealed Word ~ Heb. 4:12
- 3.2 The goal is sanctification, conformity to God's will, putting off sinful behavior, putting on godly behavior. ~ Col. 1:28
- 3.3 The efficacy in counseling is that the Word and the Spirit work together.
- 3.4 As believers, we have the hope of present change.

4. Six Characteristics of Effective Biblical Counselors

- 4.1 A biblical counselor must be committed to the sufficiency of Scripture (2 Tim. 3:17); rely on the Holy Spirit; and accurately handle (interpret and apply) the Word.



Sunday School

- 4.2 The biblical counselor sees oneself as a fellow believer, helping another fellow believer. (Gal. 6:1, the “one-another” texts)
- 4.3 A biblical counselor is a good listener (James 1:19).
- 4.4 A biblical counselor will refuse to take on the offense of another. Once we take a side, or take on an offense, we lose objectivity. Both sides must be heard (Prov. 18:17). If we cannot hear the other side, this changes what we can offer.
- 4.5 A biblical counselor has thick skin. They don’t take things in the counseling context personally. They are not insulted because homework wasn’t done, or counsel wasn’t followed.
*Biblical counseling often fails (Gen. 4:6ff)
- 4.6 A biblical counselor tries to instill Christ-centered hope

5. Can We Counsel Unbelievers?

- 5.1 Some quickly say “no” and then conclude we should not meet with unbelievers to help them with their problems. ~ Rom. 8:7-8
- 5.2 We cannot technically help unbelievers by applying the Word, through the Spirit, because they are unregenerate.

But we should meet with unbelievers and use their problems redemptively.

Point to the need of heart change – point to Christ as the only One who can change the heart.

[Counseling Unbelievers - Association of Certified Biblical Counselors](http://biblicalcounseling.com)
(biblicalcounseling.com)

