

Keeping the Gospel Central in Counseling

I. Introduction

*** I would like to do three things:

1. Share common tools that are helpful in any counseling or discipling situation.
2. Give you an overview of how to keep the gospel central with the people you minister to and in your relationships.
3. Provide some real life case studies, allowing you to learn how to think through helping someone, identify heart issues, some helpful Scriptures, and allow you to ask questions.

II. Common tools that are helpful in any situation.

A. Look for the _____ in the uncommon (1 Corinthians 10:13).

1. All temptations are common to man. "Same chocolate different _____."
2. Don't be _____ by the world's labels (1 Corinthians 3:19).
3. The world has no real _____ for things like Depression and Bi-polar disorder, just band-aids. 2 Peter 1:3 says, "His divine power has given us **everything** we need for life and godliness through our knowledge of him who called us by his own glory and goodness."
4. One example of the world's labels in is person who is a _____.

B. Four Common _____ (observed in Scripture and covers the vast majority of labels in the DSM IV).

1. _____ – Disruptive disorders like Oppositional Defiant Disorder, Conduct disorders, and sexual disorders.
2. _____ – Impulsive disorders like ADD/ADHD, Eating disorders, Obsessive compulsive disorder, substance related, intermittent explosive.
3. _____ – Depressive disorders like Major Depression, Bi-polar, or Manic Depressive.
4. _____ – Anxious disorders like panic, social phobia, post traumatic stress disorder, generalize anxiety.

*** The goal of secular counsel is: _____ suffering, normalize behavior, reduce symptoms, and increase _____. *The goal of biblical counsel is _____ because that is the only thing that will result in lasting change to the glory of God. 2 Corinthians 5:17.*

*** 1 Corinthians 2:13 says, “This is what we speak, not in words taught us by human wisdom but in words taught by the Spirit, expressing spiritual truths in spiritual words.”

C. The _____ diagram. For all of us, there is a gap between what we know and the way we actually live. Just because I memorized Proverbs 3:5-6 doesn’t mean I will trust God as I should. How do I close that gap?

D. “The bridge between what we know and what we do is _____.”

III. Four Steps to Keeping the Gospel Central – (Helpful Resource - *The Cross Centered Life* by C.J. Mahaney). *When I speak of the gospel I mean . . .*

*** 1 Corinthians 15:3-4 says, “For what I received I passed on to you as of first importance: that Christ died for our sin according to the Scriptures, that he was buried, that he was raised on the third day according to the Scriptures.”

A. _____ Heart Issues (Hebrews 3:12-13).

*** *Along with the 4 Hearts*, here are just a few examples of motives or treasures of the heart (Taken from *Motives* by Ed Welch). **We will spend more time on how to determine these idols of the heart when we get to the case studies.**

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| 1. Pleasure | 7. Power |
| 2. Freedom/Autonomy | 8. Peace |
| 3. Love/ Intimacy | 9. Happiness |
| 4. Significance/ Reputation | 10. Comfort |
| 5. Respect/ Admiration | 11. Meaning |
| 6. Control | 12. Success |

B. Address Heart Issue(s) with _____ (Hebrews 4:12).

1. Proverbs 25:11 – “Like apples of gold in settings of silver is a word spoken in right _____” (NASB). *Asking for wisdom from God of when to share things is very important. Is the person ready to hear what the Scriptures have to say?*

2. Using passages in their context is much more effective and helpful because God wrote the Bible in story form within a context and not as a series of individual verses like a dictionary or an encyclopedia. *I will demonstrate that when we get to the case studies.*

C. Move to themes of _____ (Hebrews 4:14-16).

D. _____ (Romans 12:11-12).

1. Without the Holy Spirit quickening the person’s heart to receive the Word, there will be no lasting fruit in a person’s heart (see Mark 4:1-9 and the Parable of the Sower).

2. Prayerlessness shows a confidence in your own abilities and the Bible calls that foolishness. Proverbs 28:26 says, “He who trusts in himself is a fool . . .”

3. A humble person recognizes he is lost without God’s help. Therefore, James 1:5 says, “If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him.”