

Biblical Counseling
Pastor Walt Willett Grace Baptist Church of Indianapolis
Quiz 5

- 1. What three things do all counselors have in common?**

- 2. What are three similarities between other forms of counseling and Biblical counseling?**

- 3. What are some differences between Biblical counseling and other forms of counseling?**

- 4. Write out the Truth Acrostic.**
T -

R -

U -

T -

H -

- 5. Write out the Bible verse John 17:17**

- 6. Why is John 17:17 important to Biblical counseling?**

Seven Laws Of Teaching
Gregory's Seven Laws Of Teaching
Pastor Walt Willett Grace Baptist Church of Indianapolis
 Section 4

The law of the:

- 1) Teacher – Must know material
- 2) Learner - Must pay attention
- 3) Language - Must use language common to both
- 4) Lesson - Proceed from known to unknown
- 5) Teaching Process Stimulate student's mind
- 6) Learning Process Require student to reproduce in own mind with own thoughts
- 7) Review and Application - Review, review, review

Four Phases of Biblical Counseling

| Phase I | Phase II | Phase III | Phase IV |
|---------------------------------------|---|-----------------------------|------------------------------|
| Establishing salvation I John 5:13 | Establishing Lordship Romans 14:5-12 | Conquering the main problem | Settlement of related issues |

Three Dimensions of Biblical Counseling

| Heart Desire | Thinking | Behavior |
|---------------------|-----------------|-----------------|
| James 4:8 | Rom. 12:2 | James 1:25 |

Six Common Elements

| | | |
|---|---|---|
| 1. Gather Data - Proverbs 18:13 | 2. Give Love - I Thess. 5:12-13 | 3. Give Hope - Romans 5:1-2 |
| 4. Discern Problem - Prov. 4:23 | 5. Give Word - II Tim. 3:16-17 | 6. Give Homework - James 1:22-25 |

Six Key Counseling Elements of Biblical Counseling

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Section 4 Key Elements: Larry loves Emily dutifully, totally and always.

| Key Element | Explanation | | |
|--|---|---|--|
| <p>1. Listen or Gather Data James 1:19-20 Prov. 18:13 Listen for: Facts (Situation and events) Feelings (Anger, sorrow, afraid, glad, love, hate) Beliefs (Thinking, interpretation) Hearts Desire Heart Ruler Theology of God Sins Areas of Unbelief</p> | <p>1. Preliminary Information a. Referral Information b. PDI c. Problem Questionnaire 2. Counseling Session a. Halo Data b. Verbal Data 3. Questioning a. Extensive Questioning/ Intensive Questioning b. Open Ended Questioning</p> | | |
| <p>2. Love or establish involvement I Thess. 3:12</p> | <p>1. Listen – James 1:18-21 2. Show Interest – I Thess. 5:12 3. Be Respectful – I Pet. 2:17 4. Identify with emotional state – Rom. 12:15</p> | | |
| <p>3. Encourage or Give Hope Rom. 5:1-5</p> | <p>1. Share testimony 2. Show response ability in Christ 3. Share God’s power and control. 4. Share God’s care. 5. Put problem in eternal perspective.</p> | | |
| <p>4. Discern or Find the Problem Heb. 4:14 S – Subjective Feelings (Rom. 12:15) T – Thinking (Rom. 12:2) O - Objective (Prov. 20:11) (Behavior) P - Preconditioning Eph. 4:17-24</p> | <p>Seven Biblical Questions</p> | | |
| <p>5. Teach or Give the Word II Tim. 3:16 Teaching Reproof Correction Righteousness Training</p> | <p>1. Let them read it and tell you what it means. 2. Explain the Scripture 3. Show how they may be twisting Scripture in their mind. 4. Illustrate (Antidotes, diagrams, Bible stories) 5. Demonstrate (Have counselee act out the concept) 6. Personalize the Scripture to their situation</p> | | |
| <p>6. Apply or Give Homework James 1:22-25 Purpose: Righteousness Train, Some homework helps: a. Gather data b. Give hope c. Teach the Word d. Implement the Word</p> | <p style="text-align: center;">Purify Heart James 4:8 (KJV) ⁸ Draw nigh to God, and he will draw nigh to you. Cleanse <i>your</i> hands, <i>ye</i> sinners; and purify <i>your</i> hearts, <i>ye</i> double minded.</p> | <p style="text-align: center;">Renew Mind Rom. 12:2a Romans 12:2 (KJV) ² And be not conformed to this world: but be ye transformed by the renewing of your mind,</p> | <p style="text-align: center;">Change Behavior Ephesians 4:22-24 (KJV) That ye put off concerning the former conversation ²⁴ And that ye put on the new man, which after God is created in righteousness and true holiness.</p> |

Six Key Elements: No. 1 -Listen or Gather Data

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Section 4

Proverbs 18:13 (KJV) "He that answereth a matter before he heareth *it*, it is folly and shame unto him."

1. PDI

2. The problem questionnaire

3. Halo data (observation - how it is said)

a. Visual

- 1) posture**
- 2) countenance**
- 3) dress**
- 4) body markings (tattoos, piercing)**

b. Auditory

- 1) voice tone**
- 2) nervous habits**

c. Olfactory

- 1) odor of alcohol**
- 2) odor of tobacco**

d. Tactile

- 1) clammy handshake possibly indicating anxiety or fear**
- 2) firm handshake possibly indicating confidence.**

4. Core Data (what is said)

a. Facts

b. Emotions

- 1) "I feel afraid."**
- 2) "I'm sad."**
- 3) "I am glad."**
- 4) "I'm angry."**

c. Beliefs

- 1) Words like "can't", "unable", and "too much"**
- 2) Calling sin "sickness"**

d. Habits

- 1) laziness**
- 2) sloppiness**

Six Key Elements: No. 1 -Listen or Gather Data Continued

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Section 4

3) Complaining

4) “poor me” – feeling sorry for myself

5) neatness

6) doing things well

7) working hard

e. Intentions

1) blame shifting

2) white washing themselves

3) playing helpless

f. Heart Data

1) the idol of being happy

2) the idol of pleasing others

3) the idol of pleasing myself

4) the idol of pleasure

5) the idol of being right

5. Questioning

a. Intensive

1) Delve into an area of life in depth

b. Extensive- Explore

1) person

2) family

3) schooling

4) work

5) church

6) other areas of life

c. Open ended questions

1) “Tell me about yourself.”

2) “Tell me about your problems.”

3) “How can I be of help?”

6. In the process of gathering data

a) Discourage gossip.

b) Try to focus on the problem

c) Challenge the judgments of others

Establishing a Biblical Counseling Relationship
Element 2: Love or Establish Involvement
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Section 4 Key Elements

- 1. Be humble not proud, thinking accurately about the gifts God has given you. Rm. 3:3 Speak graciously and in such a way that edifies. - Col. 4:6; Eph. 4:29**
- 2. Assure them of your love.**
 - 1) **Make sure it is sincere. - Rom. 12:9**
 - 2) **Treat them as brothers and sisters with warmth and caring. - Rom. 12:10**
- 3. Be Respectful - Rom. 12:11**
- 4. Maintain appropriate confidentiality. Pr. 11:13, 25:9**
 - 1) Assure the disciple that you are not a tale bearer.
 - 2) Warn them that you may tell them in advance when after you pray, you believe they need to be share some aspect of the problem with the proper authorities in their lives. If they refuse to share the appropriate information, you will do it.
- 5. Identify with their emotional state. Rm. 12:15**
 - 1) How would you feel in their situation?
 - 2) How would you feel if a family member were in their shoes? They are family in Christ. I Tim. 5:1-2.
 - 3) If they are rejoicing, encourage them to sing Psalms. If they are afflicted pray with them. James 5:13
- 6. Assure them of your confidence in their ability to overcome the problem through Christ. - Phil. 4:13**
- 7. If there is willful sin, encourage confession.**
 - 1) Restore them humbly, as a fellow sinner. Gal. 6:1
 - 2) Assure them of God's forgiveness, cleansing and release from bondage. IJn 1:9; Jn 8:32,34
 - 3) Arm against Satan's accusations. Rm.12:10
- 8. Listen fully, while you gather information. Prov. 18:13; James 1:19**
 - 1) Observe and inquire about the total person: Physical health and habits (diet, exercise, sleep, relaxation, illness and medication), mental habits (beliefs, logical process, emotional patterns), social relationships (family, church, friends) and behavioral habits (self control, impulsiveness and order).
 - 2) Listen for their sense of the problem and solution.
 - 3) Listen to get a sense of their spiritual walk (New birth, spirit filled, disciplines, Satanic snares, worldliness, and old man).
 - 4) Listen to get a sense of their social resources (Spiritual maturity of closest friend, and family).
 - 5) Listen to get a sense of the development of their beliefs, idols and habits.
 - 6) Listen to get a sense of how their home functioned (strictness/permissiveness, executive voice, financial habits, spiritual tone).
- 9. Encourage hope through discussing God's promises and commands.**

Your are new creation in Christ. II Cor. 5:17

 - 1) In Christ, God has given you all you need for life and godliness. II Pet. 1:2-4
 - 2) You can do all things through Christ. Phil.4:13
 - 3) Give thanks because of Rom. 8:28. I Th.5:18

Six Key Elements: No. 3 - Encourage or Give Hope

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Section 4 Key Elements

Definition of Hope

Romans 8:24 (KJV) **For we are saved by hope: but hope that is seen is not hope: for what a man seeth, why doth he yet hope for?"**

To look forward to with confidence or expectation. A source of or reason for hope.

Importance of Hope

1 Corinthians 13:13 (KJV) And now abideth faith, hope, charity, these three; but the greatest of these is charity. Love produces faith, and faith produces hope.

Sources of Hope

Hope Cultivated by God's Promise

Titus 1:2 (KJV) "In hope of eternal life, which God, that cannot lie, promised before the world began;"

Christian: Live your life with a view towards the eternal life promised to you in eternity past.

Hope Cultivated by Problems

Romans 5:2-4 (KJV) "By whom also we have access by faith into this grace wherein we stand, and rejoice in hope of the glory of God. ³ And not only so, but we glory in tribulations also: knowing that tribulation worketh patience; ⁴ And patience, experience; and experience, hope:"

Hope Cultivated by the Holy Spirit

Romans 5:5 (KJV) "And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us." As the Holy Spirit assures the believer of the reality of God's love to him, He also assures the believer that Heaven is also a reality. This brings great cause for rejoicing!

Hope Cultivated by the Scriptures

Romans 15:4 (KJV) "For whatsoever things were written aforetime were written for our learning, that we through patience and comfort of the scriptures might have hope."

The Scriptures give the believer the ability to keep on hoping even in the face of adversity.

Hope Cultivated by Christ

1 Timothy 1:1 (KJV) "Paul, an apostle of Jesus Christ by the commandment of God our Saviour, and Lord Jesus Christ, *which is our hope;* "

Our Hopes

Eternal Life

Titus 1:2 (KJV) "In hope of eternal life, which God, that cannot lie, promised before the world began;"

The New Creation

Romans 8:20 (KJV) "For the creature was made subject to vanity, not willingly, but by reason of him who hath subjected *the same in hope,* "

The creation also anticipates a day when it will no longer decay.

The revelation of Jesus Christ

1 Peter 1:13 (KJV) "Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ;"

Benefits of Hope

Joy

Romans 12:12 (KJV) “Rejoicing in hope; patient in tribulation; continuing instant in prayer;”

Rejoicing is possible in any situation because the basis for joy is the hope we have in Christ.

Peace

Romans 15:13 (KJV) “Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.”

As believer’s trust in God, peace and joy result and hope then overflows out of the trust.

Not Ashamed

Philippians 1:20 (KJV) “According to my earnest expectation and *my* hope, that in nothing I shall be ashamed, but *that* with all boldness, as always, *so* now also Christ shall be magnified in my body, whether *it be* by life, or by death. “

Effective Witness

1 Peter 3:15 (KJV) “But sanctify the Lord God in your hearts: and *be* ready always to *give* an answer to every man that asketh you a reason of the hope that is in you with meekness and fear:”

Causes of Hopelessness

Proverbs 13:12 (KJV) “Hope deferred maketh the heart sick: but *when* the desire cometh, *it is* a tree of life.”

Discerning the Problem

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Section 4 Elements of Counseling

1 Thessalonians 5:14-15 (KJV) “Now we exhort you, brethren, warn them that are unruly, comfort the feebleminded, support the weak, be patient toward all *men*.¹⁵ See that none render evil for evil unto any *man*; but ever follow that which is good, both among yourselves, and to all *men*.”

| | Desires | Thoughts | Habits | |
|-------------------|--|---|-----------------------------------|----------|
| Common Problems | Unruly | Faint Hearted | Weak | Untaught |
| Root Cause | Idols of the heart James 6:8 | Unbelief of the heart Heb. 3: 12, 13 | Intents of the heart Heb. 4:12 | |
| Fruit | Innate learned desires James 4:1-10 | Emotions 2 Cor 5:10 | Habits James 1:22 | |
| Solutions | | | | |
| Corrective Action | Rebuke | Comfort | Uphold the weak | Teach |

Discerning the Problem: Seven Questions

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Section 4 Key Elements 8/23/04

1. Are they a natural or spiritual man?

1 Corinthians 2:13 (KJV) ¹³ Which things also we speak, not in the words which man's wisdom teacheth, but which the Holy Ghost teacheth; comparing spiritual things with spiritual.

2. Are they spiritual or fleshly?

Galatians 5:16-17 (KJV) ¹⁶ *This* I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh. ¹⁷ For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.

3. Is there problem a trust or obedience problem?

Hebrews 11:6 (KJV) ⁶ But without faith *it is* impossible to please *him*: for he that cometh to God must believe that he is, and *that* he is a rewarder of them that diligently seek him.

Hebrews 11:6 (KJV) ⁶ But without faith *it is* impossible to please *him*: for he that cometh to God must believe that he is, and *that* he is a rewarder of them that diligently seek him.

4. Is there problem being unruly, fainthearted, or weak or ignorant or a combination?

1 Thessalonians 5:14 (KJV) Now we exhort you, brethren, warn them that are unruly, comfort the feebleminded, support the weak, be patient toward all *men*.

1. Warn those who are unruly -

2. Comfort the fainthearted -

3. Uphold the weak -

4. Teach the ignorant – II Pet. 3:16

5. What are the desires of the heart, beliefs and behavior?

1. Heart desires?

2. Beliefs?

3. Behavior?

6. How would God change them?

1. Purify the heart - James 4:8

2. Renew the mind - Romans 12:2

3. Change the behavior – James 4:8

7. What faith actions should they take?

James 2:22 (KJV) ²² Seest thou how faith wrought with his works, and by works was faith made perfect?

Homework

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Section 4 Key Elements

Scriptural Foundation for Homework

1. Teaches the student how to obey the Word (James 2:22-24).
2. At its best, homework helps the disciple to implement the passage (2 Timothy 3:16).
3. Teaches the disciple to live a commandment-oriented life. The disciple must learn to obey God regardless how he/she feels (2 Cor 5:7).
4. Sets a pattern of expectation for change (1 Tim. 4:7).
5. Success in homework gives hope (1 Pt. 1:22).

Values of Homework

1. Clarifies expectation.
2. Enables the discipler to move faster because the counselee is growing after the session.
3. Encourages independence rather than dependence.
4. Enables the counselor and the counselee to gauge progress.
5. Enables the discipler to address the current problem.
6. Reminds the disciple of the goal of session.
7. Provides a starting point for the next session.

Mechanics of Homework

1. Be specific.
2. It must involve knowing and doing.
3. Give assignments appropriate to the problem.
4. Review previous homework at the beginning of each session.
5. Assign more homework at the end of counseling.
6. Provide check up session.

Types

1. Reading: Underline 5 key sentences and tell why it is important.
2. Memorize and meditate on scripture.
3. Growth in grace log.
4. Conference table:
 - a. Father calls the conference
 - b. Mother acts as the recording secretary
 - c. Problems must be discussed in terms of each individual's wrong actions

Sample Homework:

1. "Write a letter to John asking his forgiveness, assuming that you first have come to repentance for your sin against him and have sought forgiveness from God."
2. "Do all of your ironing by the next session."
3. "Read together Ephesians 5:22-33 and be prepared to discuss the husband and wife relationship at the next session. Write out any questions that arose during your reading or subsequent discussion. In light of this passage or 1 John 4:19, try to determine who is primarily responsible for introducing and maintaining love in the home."
4. "Continue to look for a job this week. Remember, you do have an eight-hour-per-day job – finding one!"
5. "As the head of the house, begin to conduct family devotions as we outlined, using the devotional guide provided."

Responses to Incomplete Homework

Assess:

1. Was the assignment understood?
2. Were there circumstances to prevent the homework from being done?
3. Did the disciple lack hope?
4. Did fear hinder completing the homework?
5. Is the counselee a genuine Christian?

Choose your Responses

1. Stop and have the person do the homework.
2. Warn that the next appointment, they will be sent home if the homework is not done.

Setting up a Conference Table:

1. Place

Agree upon an area in which daily conferences may be held without interruption. Choose a table, preferable one not used frequently for other purposes. Hold all conferences there. If problems arise elsewhere, whenever possible wait until you reach home to discuss them- at the conference table, of course. The first week read Ephesians 4:17-32 each night before conferring.

2. Purpose

The conference table is a place to confer, not argue. Begin by talking about yourself- your sins and failures- and settle all such matters first by asking forgiveness. Ask also for help (Matt. 7:4-5)

3. Instructions

Speak all the truth in love. Do not allow any concern to be carried over into the next day. Not all problems can be solved at one sitting. You may find it necessary to make up an agenda and schedule out the work over a period of time according to priorities. Direct all your energies toward defeating the problem, not towards the other person. Your goal is to reach biblical solutions, so always have Bibles on the table and use them! It helps to record the results of your work on paper. Open and close conferences with prayer. When you need help, reread Eph. 4:25-32.

If any conferee argues, “clams up” or does anything other than confer at the table, the others must rise and stand quietly. This prearranged signal means, “ in my opinion we have stopped conferring.” Whether the conferee was right or wrong does not matter and ought not to be discussed at the moment. The person seated should then indicate his willingness to confer, and invite the others to be seated again.

Case History Showing the Importance of Moving From the Presentation to Performance Level

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Section 4 Key Elements

Presentation Problem: I am tired of the time -

This subjective assessment may or may not be accurate. The person may have felt tired the last few days and over generalized. The person may “feel tired” all of the time yet produce a lot of work. Or the person may have done nothing all day.

Further data gathering will help the counselor to discover the performance problem?

How much sleep do you get? Fill in a chart of blocks of waking hours and determine your mood.

The performance level will lead to questioning about the preconditioning level.

I have been watching the late show every night for about 6 months.

When you deal only with the performance level you deal only with the current crisis and manifestation of the way the client has habituated themselves to deal with certain types of situations.

The counselee has programmed or preconditioned himself through habits of thought and behavior to deal with certain problems in certain (usually sinful) ways given the right circumstances, the problematic behavior (usually sinful) will return. To really help the person you must help them rehabilitate their thinking and performance to Biblical patterns.

So your tiredness stems from a habit of making a choice of doing something entertaining rather than getting the rest you require.

The heart issues may be pleasure over responsibility.

Ephesians 6:10 (KJV)

10 Finally, my brethren, be strong in the Lord, and in the power of his might.

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Section 5 Common Problems

| Body | Soul World, people | Heart Self and God | Spirit God | | | | |
|--|---------------------------------|------------------------------|----------------------|---|---------------------------------|---|--|
| Mind, desires, behavior | | | | | | | |
| <p>Be Strong</p> <p>S- Situation (1 Peter 5:8)</p> <p>T- Thinking (2 Tim. 3:16-17)</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; text-align: center;"> Mind Worldview Ethics View of self and change Values </td> <td style="width: 50%; text-align: center;"> Heart Core Desires </td> </tr> </table> <p>R- Results (Mark 7:20-23)</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; text-align: center;"> Behavior Body state Emotions </td> <td style="width: 50%;"></td> </tr> </table> <p>O- Own Wrong Ideas (Is. 55:8)</p> <p>N- New Ideas from God’s Word (Rom. 12:2)</p> <p>G- Guard your heart (Prov. 4:23)</p> | | | | Mind Worldview Ethics View of self and change Values | Heart Core Desires | Behavior Body state Emotions | |
| Mind Worldview Ethics View of self and change Values | Heart Core Desires | | | | | | |
| Behavior Body state Emotions | | | | | | | |

DAYS IN THE WORD

II Peter 3:18

Week 6

2 Peter 3:18 (KJV)¹⁸ But grow in grace, and *in* the knowledge of our Lord and Saviour Jesus Christ. To him *be* glory both now and for ever. Amen.

2 Peter 3:18 (KJV)¹⁸ But grow in grace, and *in* the knowledge of our Lord and Saviour Jesus Christ. To him *be* glory both now and for ever. Amen.

OBSERVE

DAY 1 Write the verse out on a 3x5 index card and read 4 times.

DAY 2 Review the verse again and identify the topic, main point, and how the verse is developed- Who? What? When? Where? & Why?

INTERPRET

DAY 3 Context- Read and identify the context surrounding the verse.

DAY 4 Identify the literary style and grammar of the verse

DAY 5 Look up the definition of key words in the Strong's Concordance

DAY 6 Fill out the verse meditation form

DAY 7 Think about how you can make this verse a habit in your daily living

Verse Meditation Form Based on II Tim. 3:16
Crossroads Bible College Biblical Counseling Department, Walt Willett Chair
601 N. Shortridge Road, Indianapolis, IN 46219 Tel. (317) 791-0721 Ext. 229

Name:

Date:

Verse:

Teaching: What is the teaching?

Reproof: What should I put off? What should I stop doing?

Correction: What should I put on? What should I start doing?

Instruction in Righteousness: What habits should I develop?

Class Case 4

Mary comes to you very angry because her 3 children 3, 5, 7, are off the hook. Her husband will not lift a finger to help her. She has tried time out, taking away toys, sending them to the room, keeping them inside, counting to 3. Nothing seems to work. She is afraid to spank them because she does not want to teach them to hit when they are upset and her parents beat her when she was a child until she bled. Mary comes to church and professes faith in Christ. She is a part of the women's group and volunteers to clean the church. Mary's husband is not a believer.

Speaking the Truth in Love

Biblical Counseling is speaking the Truth in Love so the person grows to recognize Christ as His Head in all things. **Ephesians 4:15 (KJV) But speaking the truth in love, may grow up into him in all things, which is the head, *even* Christ:**

Listen for:

Facts:

Feelings (Mad, sad, afraid or glad, love, hate):

Beliefs:

Desires:

Ruling Heart:

God:

Sins:

Unbelief:

Speaking the Truth in Love Responses:

1. **T- Tell me more.**

2. **R - How would you reassure the counselee or how would you relate to the counselee?**

3. **U (understanding) - I think this is what I hear you saying.**

4. **T What are the teaching methods might you use?**

5. **H (Helping to evaluate) What are ways to help the counselee evaluate the challenges here? What is their view or theology of God and have they invited God into life?**