



FUNDAMENTALS OF BIBLICAL COUNSELING

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INTRODUCTION

When you look around at the people in your country do you see people with problems? Do you see hurting people or people who are discouraged, overwhelmed, or just plain sad or worn out? Are people addicted, abused, angry, immoral, fearful, or worried? YES! Are there broken marriages, parent/child issues, work related stresses and people just hating life? Yes! It's like this in every country on the planet and Jesus said so (John 16:33). So we as pastors and shepherds of the flock need to minister to the hurting sheep God gives us. That's what we are called to do. So we need to preach, teach, for sure! But what about counsel?

WHY COUNSEL?

I. WHY CAN'T WE JUST PREACH, TEACH, AND PRAY?

A. Many believe you could and _____.

B. The real answer is simple. We are _____ to do so.

1. Acts 20:31 Warn passionately with _____.
2. Romans 15:14 able to _____ one another
3. 1 Corinthians 4:14 send _____
4. Colossians 1:28 warn and _____
5. Colossians 3:16 teaching and admonishing
6. 1 Thessalonians 5:12, 14 warn, _____ and support
7. 2 Thessalonians 3:15 admonish as a _____.

C. Reasons given for not counseling

1. "I'm too _____."
2. "I don't _____ to counsel."
3. "I'm not equipped. They need a "_____."
4. "Too many pastor _____ away when counseling; it's too _____."
5. "If I know my church's problems, they will be _____ with me."
 - You must use _____ in what you say. "A fool uttereth all his mind..." (Prov. 29:11).
 - You must exercise _____.
 - You must be _____ – have a winsome spirit.

D. The church has given the responsibility for counseling over to the _____ in this past generation.

1 THESSALONIANS 5:14 *Now we exhort you, brethren, warn them that are unruly, comfort the feeble-minded, support the weak, be patient toward all men.*

1. Society teaches that man's problems are either genetic or physiologic in origin and the answer is found in psychotherapy or medicine to alter brain chemistry.
2. God's Word teaches that man's sin has separated him from God and it requires _____ transformation to bring him true peace.

II. JESUS COUNSELED

- A. He counseled the _____ to bring them salvation.
 1. The woman at the _____ (John 4:3-23).
 2. The woman _____ in adultery (John 8:1-11).
 3. He met the ruler of the synagogue, Nicodemus, _____ by night (John 3:1-3).
 4. Publicans and _____ came to Him (Matt. 9:10-13).

- B. He counseled His saved followers to _____ them and help them to grow (discipleship).

- C. How did Jesus counsel?
 1. He asked _____ (Prov. 18:13,17).
 2. He met them where they were at _____ and emotionally and gave them truth or addressed their sin (Luke 12:13-15).

WHAT IS BIBLICAL (NOUTHETIC) COUNSELING?

I. DEFINITION OF BIBLICAL COUNSELING

- A. Discerning thinking and _____ that God wants to change.
- B. Using God's _____ to change thinking and behavior.
- C. Giving scriptural guidance for the _____ of the counselee and for the glory of God.

ACTS 20:31 *Therefore, watch and remember, that by the space of three years I ceased not to warn every one night and day with tears.*

II. DEFINITION OF NOUTHETIC

- A. Greek word group
 1. Nous= mind
 2. Tithemi= to _____ or put
 3. Noutheteo= to place God's truth in the _____

- B. English word- Nouthetic
 1. To admonish, instruct or warn
 - a. Colossians 1:28
 - b. Acts 20:31
 - c. Romans 15:14
 2. To lovingly come along side someone caught up in sin and to speak verbally about what God says about that sin to bring about _____ in the individual's life for his benefit and God's glory.

3. Biblical counseling, if done correctly, is _____.
4. The counseling session is not always meant to be a gentle and pleasant interaction but
The most _____ hour of the counselee's week.

WHAT MAKES BIBLICAL COUNSELING BIBLICAL?

I. WHY IS THIS TOPIC NEEDED?

- A. Because not all counseling is _____ counseling.
- B. Because we need to have a clear _____ of what biblical counseling is before we can do it.
- C. Because we may think we are biblically counseling when we are only offering _____.

II. WHEN IT RECOGNIZES THE BIBLE AS FOUNDATIONAL

A. A theological pyramid



B. Implications:

1. Level six without levels one-five is not _____ counseling.
2. Levels one-five without level six is _____ and ineffective.

C. Foundational NT counseling passages:

- Romans 6-8, 12
- Galatians 5-6
- Ephesians 4-5
- Philippians 2-4
- Colossians 3
- James 1, 4
- 1 Peter 1-5
- 1 John 4:2,4

D. Key questions to ask:

1. Is it possible that some of what I'm doing in level _____ isn't firmly grounded in levels one-five?
2. Is it possible that I have not put a sufficient amount of effort into _____ levels one-five?

III. WHEN IT RECOGNIZES THE BIBLE AS _____ (PSALM 19:7-11)

- A. Due to the _____ effect of sin (sin's effect on our ability to think and reason biblically).
- B. God's Word gives us all things needed pertaining to _____ and godliness (2 Peter 1:3).
- C. All other counseling methodology must yield to the authoritative _____ found in Scripture.

PSALM 119:89 *For ever, O LORD, thy word is settled in heaven.*

1 PETER 1:23 *Being born again, not of corruptible seed, but of incorruptible, by the word of God, which liveth and abideth for ever."*

- D. Biblical _____ and secular psychology do not fit together.
- E. Biblical counseling's goal is not to develop something new for the counselee's problem. It is to _____ what Paul and James, Peter, etc. already said.

IV. WHEN IT CAN BE UNDERSTOOD BY ANY GROWING BELIEVER

- A. It is not just for _____ and theologians.
- B. It results in increased _____ on the part of committed counselees.

THE GOAL OF BIBLICAL COUNSELING

I. IF THE GOAL IS WRONG, THE END _____ WILL BE WRONG.

- A. The end goal is not _____.
- B. The end goal is not to make the counselee _____ better.
- C. The end goal is _____.

II. WHAT IS THE COUNSELEE'S GOAL IN THESE VARIOUS SITUATIONS UNDER THE BIBLICAL COUNSELING MODEL?

- A. "My husband is impossible to live with. Help me get my confidence so I can get a divorce." They want _____.
- B. "I just can't cope without my alcohol. What's the problem if I don't get drunk?" They want maintain their _____ without complete surrender.

C. "My kids are driving me crazy. Help me to get them out of my hair." They want an easy life with no problems.

D. "I'll do anything to get rid of these feelings of fear." They want to feel _____.

E. "I need a good job so I can feel financially secure." They want a sense of _____ in something other than God.

Principle: God will not be _____ or put second. This is idolatry. (Psalm 1)

III. WHAT DOES THE BLESSED MAN NOT DO (PSALM 1:1-3)?

A. Walk to drumbeats _____ to God's Word

B. The blessed man does not become _____ to these philosophies by _____ walking by, standing with, and sitting among them (integrationism)

IV. WHAT THE BLESSED MAN DOES DO

A. _____ in God's word (vs. 2)

1. He _____ a taste for it (Psalm 40:8)

2. He hears, _____, and hides it

B. _____ for action (vs. 2)

1. He hears, reads, studies, memorizes to know and to do the will of God (Joshua 1:8).

2. His steps are _____ (Psalm 37:23)

3. He allows the Word to dwell in him (Colossians 3:16)

The Key: A controlled, well-ordered _____ directed by the Word of God and the Holy Spirit.

CONCLUSION

The primary goal of Biblical Counseling is to have thinking patterns _____ so drastically that we and our counselees automatically, unconsciously, and comfortably act like Jesus would _____ if He were in our shoes. Biblical counselors help struggling counselees put off the old man and put on the new man of Ephesians 4:22-24 using the infallible Word of God as its ultimate source of _____ and help for man's problems.