

# Sunday School

## **The Basics of Biblical Counseling**

### **Can We Counsel Unbelievers?**

Listen to ACBD podcast with Pastor Tim Pasma

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

## **The Principles of Biblical Counseling**

### The Seven "I"s

#### Involvement:

2 Cor. 2:4; Gal. 6:1; 1 Thess. 2:7-8

#### Investigation:

Listen well (Prov. 18:13, 15)

Don't jump to conclusions (Prov. 18:17)

Ask good questions (Prov. 20:5)

P.R.E.A.C.H. principles for investigation

Physical (sleep, diet, exercise, alcohol, medications)

Resources (what help is available: church, family, friends, accountability?)

Emotional (fear, worry, anxiety, bitterness, depression, anger)

Action (Psa. 32; "What did you do?")

Conceptual (Mark 7:19-23; "Why did you do it?")

Historical (family history, personal history)

Try to determine if the person is a believer

Try to determine their spiritual condition (1 Thess. 5:14)

Pick up on non-verbal (Gen. 4:5)\*

#### Interpretation:

Drawing conclusions based on the data

Distinguish between symptoms and causes (Jer. 17:9-10)

Be fluid in your conclusions, be open to changing your conclusions

#### Instruction

Properly use biblical texts\*

Be kind, gentle, and firm (Eph. 4:15)

Sin must be dealt with, repented of, new patterns established (Eph. 4:22-28)

Give manageable homework

Avoid legalism (going beyond Scripture).



# I Sunday School

## Intention

Counseling is more than instruction.

The “counselee” is responsible to repent and obey the Word.

2 Cor. 7:8-11; James 1:22

True repentance – slides

What if the counselee refuses to repent? To obey God?

## Implementation

The session or meeting is not an end in itself. The real work starts when the session is over! Sometimes in the parking lot!

What is homework?

## Integration

We are not just looking for a solution to one problem. We are looking at spiritual growth in all of life. The goal is greater than one problem.

The local church is also an integral part for accountability and discipline, if necessary (Matt. 18:15-17).

## A Word about Resources

General

Specific

