

2 Timothy 3:16-17 — “All Counseling Is Theological: Laying the Foundation of the Authoritative & Sufficient Word of God for All of Life’s Issues!”

Introduction:

- The 10 myths that modern psychology advocates that are **totally opposite to God’s Truth:**
 1. People are basically good
 2. You need more self esteem & self worth
 3. You can’t love others UNTIL you love yourself
 4. You shouldn’t judge anyone at all
 5. All guilt is bad
 6. You need to think more positively
 7. Staying in love is the key to a great relationship
 8. You have unlimited power and potential
 9. Your happiness is the most important thing
 10. God can be anything you want him to be.

• **Some basic tenets of modern psychology** (and Sigmund Freud – father of modern psychology) include the following:

1. Human nature is basically good
2. People have the answers to their problems inside them.
3. The key to understanding and correcting a person's attitudes and actions lies somewhere in the PAST
4. Individuals' problems are the result of what someone else has done to them.
5. Human problems can be purely psychological in nature – unrelated to any spiritual or physical condition.
6. Deep seated problems can be solved only by professional counselors using therapy

But! Biblical counseling offers hope -- *deep, real, lasting, spiritual, God-given hope!*

- True biblical counseling is **always:**
 - ✓ in the context of the CHURCH
 - ✓ for the holiness of the believer
 - ✓ by the power of the Spirit
 - ✓ with the sufficiency of the Word
 - ✓ for the glory of the Savior

2 hallmarks of Biblical Counseling:

1. *Sufficiency of Scripture*
2. *Progressive Sanctification*

• **THE PURPOSE of the Word**

- ✓ The Word is **FOUNDATIONAL** for biblical counseling
- ✓ The Word is **EXPOUNDED** in biblical counseling
- ✓ The Word is **AUTHORITATIVE** in biblical counseling
- ✓ The Word is **PIERCING** (surgical/heart-probing) in biblical counseling
- ✓ The Word is **TRANSFORMING** in biblical counseling
- ✓ The Word is **APPLICATIONAL** in biblical counseling
- ✓ The Word is **HOPE-GIVING** in biblical counseling
- ✓ The Word is **SUFFICIENT** for biblical counseling

As a biblical counselor/Christian friend: “Make it your goal to study [the Word of God] zealously, meditate on it deeply, and communicate it accurately!” (Wayne Mack)

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THESIS — To lay a foundation & prepare the way for our upcoming biblical counseling course, 2 Timothy 3:16-17 will foundation for counseling!

I.YOUR BIBLE IS DIVINELY INSPIRED! (16)

A. Supernaturally Given (16)

The source of Scripture is the *very breath of God!*

B. Specially Useful (16b)

1. for teaching/doctrine —
2. for reproof — exposing the sin, bringing it to light (in the spotlight)
3. for correction — teaching how to remedy the sin, how to restore, fix, put on
4. for training in righteousness —

Theologians talk about: **"VERBAL PLENARY INSPIRATION"**.

→ **Inspiration** means that the text of Holy Scripture was "breathed-out" by the Holy Spirit and written down by holy men using their own gifts, words and personal style.

→ **Plenary** means that inspiration extends to every part of the Bible. Webster defines "plenary" as "complete in every respect". In simple terms, this word conveys the idea that all the words of Scripture are God's words.

→ **Verbal** means that inspiration extends to the very words of the text. When the Bible speaks, God speaks.

The Word of God is *totally sufficient & practically useful...*

1. in peaceful times - the Word guides, directs, steers
2. in unsure/confusing times - the Word gives hope in sure promises
3. in joyous times - the Word gives perspective & reasons to give thanks
4. in suffering times - the Word reminds of heaven & soon-coming glory
5. in painful times - the Word reminds of the healing hope/power of Christ
6. in celebratory times - the Word reminds of the heavenly banquet to come
7. in soul-anguishing times - the Word points us to a sympathizing & interceding Savior

THE BIBLE is profitable

- to teach you doctrine/theology (*without Scripture you will not know God, yourself, salvation, heaven, hell or eternal life*)
- to expose your great sins (*without Scripture, you won't see the depth and devilish nature of your iniquities*)
- to redirect toward godliness (*without Scripture, you won't know how to change, where to change, why to change, where to start*)
- to train you in righteousness (*without Scripture, you won't be a godly person. Period.*)

John Stott sums it up: “Do we hope, either in our own lives or in our teaching ministry, to overcome error and grow in truth, to overcome evil and to grow in holiness? Then it is to Scripture that we **MUST** ... turn for Scripture is **PROFITABLE** for these things!”

II.YOUR BIBLE IS TOTALLY SUFFICIENT! (17)

❖ "Too many have bought the lie that a crucial realm of spiritual wisdom exists outside Scripture, and that some idea or technique from that extrabiblical realm holds the real key to helping people with their deep problems" (John MacArthur).

A.the **PURPOSE** given of Scripture (SO THAT)

B.the **PERSON** benefitting of Scripture (the man of God) -

C.the **ADEQUACY** found in Scripture (may be adequate...equipped)

D.the **COMPREHENSIVE** glory of Scripture (for every good work — singular; each, every, single good work)

“A simple layman armed with Scripture is to be believed above a POPE OR A COUNCIL WITHOUT IT. As for the pope’s decree on indulgences, I say that neither the Church nor the pope can establish articles of faith. These must come from Scripture. For the sake of Scripture, we should reject ALL pope and councils!” (Martin Luther, the Leipzig Debate, July 1519).

John Owen believed this in the 17th century: “Scripture is sufficient with respect to the end of the revelation itself ... sufficient unto the end for which it is designed — that is, sufficient to generate, cherish, increase, and preserve faith, and love, and reverence, with holy obedience, in them, in such a way and manner as will assuredly bring them unto the end of all supernatural revelation in the enjoyment of God!”

Biblical Counseling involves: **P.O.W.E.R.**

- ➔ **P**ayer
- ➔ **O**ngoing relationships
- ➔ **W**ord
- ➔ **E**arnest Diligence
- ➔ **R**esiding Spirit

THE BIBLE is practical, comprehensive, trustworthy, and adequate” (Wayne Mack)

Conclusion:

“We must know that God’s way is qualitatively different from everything else available in the bazaar of options, of other counsels, other schemas, other practices, other systems. The only sanity and wakefulness is to know Him-who-is. Anything else perpetuates our insanity, our sleepwalk: “See to it that no one takes you captive through philosophy and empty deception, according to the tradition of men, according to the elementary principles of the world, rather than according to Christ”(Col. 2:8).”

— David Powlison

"The most experienced psychologist or observer of human nature knows infinitely less of the human heart than the simplest Christian who lives beneath the Cross of Jesus. The greatest psychological insight, ability, and experience cannot grasp this one thing: what SIN is. Worldly wisdom knows what distress and weakness and failure are, but it does not know the GODLESSNESS of man. And so it also does not know that man is destroyed only by HIS SIN and can be healed only by FORGIVENESS. Only the Christian knows this.

In the presence of a psychiatrist, I can only be a sick man; in the presence of a Christian brother I can dare to be a sinner. The psychiatrist must first search my heart and yet he never plumbs its ultimate depth. The Christian brother knows when I come to him: here is a sinner like myself, a godless man who wants to confess & yearns for God's forgiveness. The psychiatrist views me as if there were NO God. The brother views me as I am before the Judging and Merciful God in the Cross of Jesus Christ" (Dietrich Bonhoeffer).

Sufficient is the Word of God [tune: “There is a fountain filled with blood”]

Sufficient is the Word of God
That we may know His will,
And trust each day His providence
By faith content and still.
The secret things belong to God;
Our lives are His to lead.
But He has given us His Word
And that is all we need.

Our God has purposed and designed
Each moment of each day,
And though we rise and make our
plans
'Tis He directs our way.
Thus we should say when we arise:
"Lord-willing I shall stand."
For we, except His Word reveals,
Know not what He has planned.

Tomorrow need not cause us fear,
For God knows what will be.
Sufficient that we know His Word
To walk obediently.
Where He has spoken, Let us hear,
Upon His Word we stand.
Where He is silent, Let us rest,
And trust His kind, good hand.

How vain the questions in my heart
To know what lies ahead,
When I neglect to read His Word
And know not what He said.
I need not look beyond His Word
To know His will for me;
If I but walk within its light
My path I'll plainly see.

For who can search the mind of God,
Know what tomorrow brings?
And who can grasp His providence
To understand all things?
Our future rests within God's hands
And we must leave it there;
Content to walk each day by faith
Within His loving care.

--Ken Puls