


Biblical Counseling

- Sinful practices
- Pornography
 - What do you do?
 - Church discipline the next week?
 - Help the strugglers




All of God's People

- **Acts 20:31**- Paul warned the elders
- **Rom. 15:14** – Believers admonish one another
- **Eph. 6:4** – Fathers are to raise children with nurture and “admonition”
- **Col. 1:27-28** – Function of ministers/pastors



Biblical Counseling

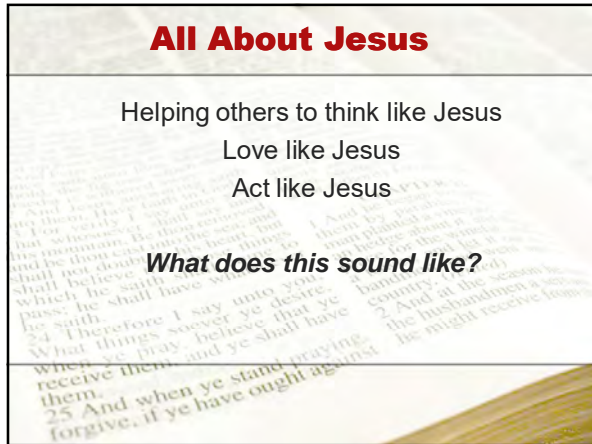
- **What is Biblical counseling?**
 - Taking the Word of God and seeking to give biblical admonition to those seeking your help
 - Hone the skill!
- “nouthesia” – **To put into the mind**
 - People come for help because they are thinking wrong
 - Need a biblical perspective



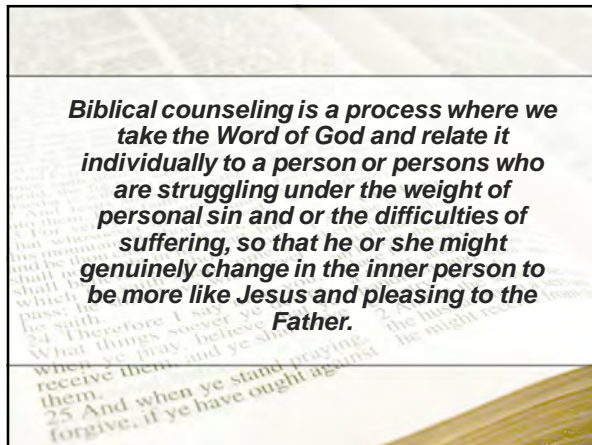
All About Jesus

Helping others to think like Jesus
Love like Jesus
Act like Jesus

What does this sound like?



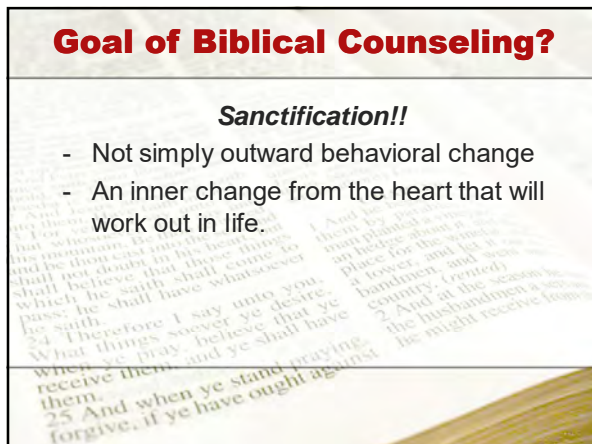
Biblical counseling is a process where we take the Word of God and relate it individually to a person or persons who are struggling under the weight of personal sin and or the difficulties of suffering, so that he or she might genuinely change in the inner person to be more like Jesus and pleasing to the Father.



Goal of Biblical Counseling?

Sanctification!!

- Not simply outward behavioral change
- An inner change from the heart that will work out in life.




Jay Adams

- Leading figure in biblical counseling
 - Opposed “Christian” psychology
 - “Competent to Counsel” 1970
 - “The Christian Counselor’s Manual” 1973

Biblical counseling is a refreshing return to an uncompromising biblical way of problem solving

Synopsis of Secular Counseling Theories

- What does psychology mean?
- Who knows the mind better than God?
- Wikipedia
 - Hundreds of psychotherapy approaches or schools of thought
 - 1980 More than 250
 - 1996 More than 450
 - Now, over a 1000
 - **4 prominent**



Psychoanalysis

- **Sigmund Freud (1856-1939)**
 - Father of modern psychology
 - Jewish/Atheist
 - Religion was a mental illness
 - Source of man’s problem: Victim due to poor socialization

(Colossians 2:8)

Behaviorism

- **B.F. Skinner (1904-1990)**
 - Atheist
 - Evolutionary point of view
 - Behavior modification/System of rewards and punishment
 - Man is a conditioned animal
 - Man is bad because of environment

Humanistic

- **Carl Rogers (1902-1987)**
 - Parents were Christians
 - College/Denied the existence of absolute standards
 - permissive and non-judgmental
 - man is basically good
 - does not see his personal worth

Man has his own answers

Transpersonal/Psycho-Spiritual

- **Carl Jung (1875-1961)**
 - Father was a pastor who doubted the faith
 - Grandfather practices spiritualism, mysticism, and speaking to the dead
 - Man is basically a good spiritual being and even divine
 - Man is not in touch with his godhood

Common Problem?

- **Erroneous presuppositions**
 - No personal, triune God
 - No absolute truth
 - Human nature is basically good
 - Man is a product of evolution
 - Blame shifting and excuse making

Redemption in Christ is not their answer!


Key Elements in Biblical Counseling

- **Concerned Involvement**
- **Gathering Data**
- **Discerning the Problem**
- **Providing Biblical Instruction**
- **Generating Hope**
- **Assigning Homework**
- **Terminating the Counseling Case**



Transformed into His Likeness

- Author Armand Tiffe
- Built upon the principles of
 - Ephesians 4:22-24



Furthering Your Training

- Wet your appetite
- Useful ministry to reach community
 - Help people to know Christ, serve Christ and be like Christ
- biblicalcounseling.com
 - Association of Certified Biblical Counselors

Recommended Biblically-Based Resources

Warning: I have not read all these books! These are books that came highly recommended from those that I am taking biblical counseling training from. If you find any of these books should not be recommended because they are unbiblical then please let me know. ~ Jack Holbrook

1. Overall General Resources on Marriage and Family:

- “Strengthening Your Marriage,” Wayne Mack
- “Christian Living in the Home,” Jay Adams
- “God’s Prescription for a Healthy Marriage and Family,” Andrew Oliver

2. Husband and Wife Relationship:

- “The Excellent Wife: A Biblical Perspective,” Martha Peace
- “The Exemplary Husband: A Biblical Perspective,” Stuart Scott
- “Sweethearts for a Lifetime: Making the Most of Your Marriage,” Wayne and Carol Mack
- “What Did You Expect: Redeeming the Realities of Marriage,” Paul Tripp
- “How to Act Right When Your Spouse Acts Wrong,” Leslie Vernick
- “Marriage, Divorce, and Remarriage: Critical Questions and Answers” Jim Newheiser

3. Communication and Conflict Resolution in the Home:

- “Your Family God’s Way: Communication,” Wayne Mack
- “War of Words: Getting to the Heart of Your Communication Struggles,” Paul Tripp
- “Peacemaking for Families: A Biblical Guide to Managing Conflict in Your Home,” Ken Sande
- “Pursuing Peace: A Christian Guide to Handling Our Conflicts,” Robert Jones

4. Sexual Relations in Marriage:

- “Biblical Principles of Sex,” Robert Smith, MD
- “Sex, Romance, and the Glory of God: What Every Christian Husband Needs to Know,” C.J. Mahaney

5. Parenting:

- “Mighty Men: A Starters Guide to Leading Your Family,” John Crotts
- “Withhold Not Correction” (A thorough biblical guide for disciplining children), Bruce Ray
- “Shepherding a Child’s Heart” (How to reach and speak to the heart of your child), Tedd Tripp
- “The Faithful Parent: A Biblical Guide to Raising a Family,” Martha Peace and Stuart Scott.
- “The Heart of Anger: Practical Help for Prevention and Cure of Anger in Children,” Lou Priolo
- “Parenting: 14 Gospel Principles That Can Radically Change Your Family,” Paul Tripp
- “Age of Opportunity: A Biblical Guide to Parenting Teens,” Paul Tripp
- “From Heartbroken to Hopeful: Gospel Hope for Parents of Prodigals,” Shirley Elliott

6. Spiritual Growth/Progressive Sanctification:

- “Transformed Into His Likeness: A Handbook for Putting Off Sin and Putting On Righteousness,” Armand Tiffe
- “Changed Into His Image: God’s Plan for Transforming Your Life,” Jim Berg
- “Your Can Change: God’s Transforming Power for Our Sinful Behavior and Negative Emotions,” Tim Chester

7. Pertinent Topics:

- “Those Ugly Emotions: How to Manage Your Emotions,” Ken Campbell
- “Anger and Stress Management God’s Way,” Wayne Mack
- “Uprooting Anger: Biblical Help for a Common Problem,” Robert Jones
- “Resisting Gossip: Winning the War of the Wagging Tongue,” Matthew Mitchell
- “Out of the Blues: Dealing with Depression and Loneliness,” Wayne Mack
- “Down, But Not Out: How to Get Up When Life Knocks You Down,” Wayne Mack
- “The Most Encouraging Promise in the Bible: Encouraging Words for Discouraged Souls,” Armand Tiffe
- “From Forgiven to Forgiving: Learning to Forgive One Another God’s Way,” Jay Adams
- “Unpacking Forgiveness: Biblical Answers for Complex Questions and Deep Wounds,” Chris Brauns
- “Putting Your Past in Its Place: Moving Forward in Freedom and Forgiveness,” Stephen Viars
- “Discovering the Joy of a Clear Conscience,” Christopher Ash
- “Freedom from Guilt: Finding Release from Your Burdens,” Timothy Lane
- “Humility: The Forgotten Virtue,” Wayne Mack
- “Overcoming Fear, Worry, and Anxiety,” Elyse Fitzpatrick.
- “The Peace and Joy Principle: How to Be Content in Any Situation,” Joe Porpri.
- “The Heart of Addiction: A Biblical Perspective,” Mark Shaw
- “Divine Intervention: Hope and Help for Families of Addicts,” Mark Shaw
- “Feelings and Faith: Cultivating Godly Emotions in the Christian Life,” Brian Borgman
- “Finally Free: Fighting for Purity with the Power of Grace,” Heath Lambert
- “Decisions, Decisions: How (and How Not) to Make Them,” Swavely
- “Living in His Forgiveness: A Bible Study for Post-Abortive Women,” Sandy Day
- “Love to Eat, Hate to Eat: Breaking the Bondage of Destructive Eating Habits,” Elyse Fitzpatrick
- “Eating Disorders: Hope for Hungering Souls,” Mark Shaw with Rachel Bailey and Bethany Spence
- “The Heart of Domestic Abuse: Gospel Solutions for Men Who Use Control and Violence in the Home,” Chris Moles
- “In the Aftermath: Past the Pain of Childhood Sexual Abuse,” Pamela Gannon and Beverly Moore
- “Sanctuary: Hope and Help for Victims of Domestic Abuse,” Sydney Millage
- “Hope Beyond Despair: Finding Truth After a Loved One’s Suicide,” Julie Gossack
- “Facing Death with Hope,” David Powlison
- “Grief: finding Hope Again,” Paul Tripp
- “Grieving a Suicide,” David Powlison
- “God’s Healing for Life’s Losses: How to Find Hope When You’re Hurting,” Robert Kellemen
- “The Undistracted Widow: Living for God After Losing Your Husband,” Carol Cornish
- “Whether By Life or By Death: Reflections for the Terminally Ill,” Julie Gossack

Where to purchase Biblically sound resources

- Faith Resources, Lafayette, Indiana:
<http://store.faithlafayette.org/featured-products-c198.aspx>
- Focus Publishing, Bemidji, MN: www.focuspublishing.com
- Christian Counseling and Education Foundation: www.ccef.org
- Shepherd Press: www.shepherdpress.com