

# **Speaking the Truth In Love**

**An**

## **Approach To Biblical Counseling**

**By**

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# Seven Questions

In this class, we will seek to answer 7 questions.

1. What is Biblical counseling and what are its distinctive features?
2. How is it similar and dissimilar to other forms of counseling?
3. What does the Bible teach, about how people change and grow?
4. What are the methods of Biblical counseling?
5. What are some Biblical answers to common problems?
6. How does Biblical counseling relate to the local church?
7. How do I develop as a Biblical counselor and what training opportunities are available?

## Organizing the Material

Please bring a notebook with 7 dividers. Mark one for each question, and add your notes for each question weekly.

1. What is Biblical counseling and what are its distinctive features?

Biblical counseling is seeking to find counsel from God through His Word, the Bible, for living life and the problems of life. Some of the challenges of life are:

Personal problems: Addiction, Anxiety, Fear, Worry

Child Parent Problems

Death and Dying

Fear

Financial Problems

Making Decisions

Marriage Problems

Parent Child Problems

Sexual Problems

The Bible mentions several incidents of people providing counsel or advising others. A few of them follow.

**Exodus 18:19 (KJV) Hearken now unto my** (Jethor, Moses Father in law, speaking) **voice, I will give thee counsel** (advice 3289), **and God shall be with thee: Be thou for the people to God-ward, that thou mayest bring the causes unto God:**

Who \_\_\_\_\_ counselled or advised who \_\_\_\_\_.

**Numbers 31:16 (KJV) Behold, these caused the children of Israel, through the counsel** (word 1697) **of Balaam, to commit trespass against the LORD in the matter of Peor, and there was a plague among the congregation of the LORD.**

Who \_\_\_\_\_ counselled or advised who \_\_\_\_\_.

**Deuteronomy 32:28 (KJV) For they are a nation void of counsel** (root advice 3289), **neither is there any understanding in them.**

Who \_\_\_\_\_ counselled or advised who \_\_\_\_\_.

In these examples, what is the source of the counsel?

**2 Samuel 15:31 (KJV) And one told David, saying, Ahithophel is among the conspirators with Absalom. And David said, O LORD, I pray thee, turn the counsel** (root advice 3289) **of Ahithophel into foolishness.**

Who \_\_\_\_\_ counselled or advised who \_\_\_\_\_.

**2 Samuel 17:8-11 (KJV)** For, said Hushai, thou knowest thy father and his men, that they *be* mighty men, and they *be* chafed in their minds, as a bear robbed of her whelps in the field: and thy father *is* a man of war, and will not lodge with the people. <sup>9</sup> Behold, he is hid now in some pit, or in some *other* place: and it will come to pass, when some of them be overthrown at the first, that whosoever heareth it will say, There is a slaughter among the people that follow Absalom. <sup>10</sup> And he also *that is* valiant, whose heart *is* as the heart of a lion, shall utterly melt: for all Israel knoweth that thy father *is* a mighty man, and *they* which *be* with him *are* valiant men. <sup>11</sup> Therefore I counsel (advise 3289), that all Israel be generally gathered unto thee, from Dan even to Beersheba, as the sand that *is* by the sea for multitude; and that thou go to battle in thine own person.

Who \_\_\_\_\_ counselled or advised who \_\_\_\_\_.

**2 Samuel 17:14 (KJV)** And Absalom and all the men of Israel said, The counsel (root advice 3289) of Hushai the Archite *is* better than the counsel (root advice 3289) of Ahithophel. For the LORD had appointed to defeat the good counsel (root advice 3289) of Ahithophel, to the intent that the LORD might bring evil upon Absalom.

Who \_\_\_\_\_ counselled or advised who \_\_\_\_\_.

**1 Kings 1:12 (KJV)** Now therefore come, let me, I pray thee, give thee counsel (advise 3289), that thou mayest save thine own life, and the life of thy son Solomon.

Who \_\_\_\_\_ counselled or advised who \_\_\_\_\_.

**1 Kings 12:12-14 (KJV)** So Jeroboam and all the people came to Rehoboam the third day, as the king had appointed, saying, Come to me again the third day. <sup>13</sup> And the king answered the people roughly, and forsook the old men's counsel (root advice 3289) that they gave him; <sup>14</sup> And spake to them after the counsel (root advice 3289) of the young men, saying, My father made your yoke heavy, and I will add to your yoke: my father *also* chastised you with whips, but I will chastise you with scorpions.

Who \_\_\_\_\_ counselled or advised who \_\_\_\_\_.

**2 Kings 6:8 (KJV)** Then the king of Syria warred against Israel, and took counsel (advise 3289), with his servants, saying, In such and such a place *shall be* my camp.

Who \_\_\_\_\_ counselled or advised who \_\_\_\_\_.

**Psalms 1:1 (KJV)** Blessed *is* the man that walketh not in the counsel (root advice 3289) the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful.

What is the source of the counsel or advice that was given?

We do not want to give people our advice but God's counsel or advice.

**Psalms 16:7 (KJV)** I will bless the LORD, who hath given me counsel (3289): my reins (heart) also instruct me in the night seasons.

**Psalms 33:11 (KJV)** The counsel (root advice 3289) of the LORD standeth for ever, the thoughts of his heart to all generations.

**Psalms 73:24 (KJV)** Thou shalt guide me with thy counsel (root advice 3289), and afterward receive me to glory.

**Isaiah 25:1 (KJV)** O LORD, thou *art* my God; I will exalt thee, I will praise thy name; for thou hast done wonderful *things*; *thy* counsels (root advice 3289) of old *are* faithfulness *and* truth.

**Isaiah 46:9-10 (KJV)** <sup>9</sup> Remember the former things of old: for I *am* God, and *there is* none else; I *am* God, and *there is* none like me, my counsel (root advice 3289) shall stand, and I will do all my pleasure:

**Jeremiah 32:16-19 (KJV)** Now when I had delivered the evidence of the purchase unto Baruch the son of Neriah, I prayed unto the LORD, saying, <sup>17</sup>Ah Lord GOD! behold, thou hast made the heaven and the earth by thy great power and stretched out arm, *and* there is nothing too hard for thee: <sup>18</sup> Thou shewest lovingkindness unto thousands, and recompensest the iniquity of the fathers into the bosom of their children after them: the Great, the Mighty God, the LORD of hosts, *is* his name, <sup>19</sup> Great in counsel (root advice 3289), and mighty in work: for thine eyes *are* open upon all the ways of the sons of men: to give every one according to his ways, and according to the fruit of his doings:

**Acts 2:23 (KJV)** Him, being delivered by the determinate counsel (will 1012) and foreknowledge of God, ye have taken, and by wicked hands have crucified and slain:

**Ephesians 1:11 (KJV)** In whom also we have obtained an inheritance, being predestinated according to the purpose of him who worketh all things after the counsel (purpose 1012) of his own will:

Some reject His counsel.

**Psalms 107:11 (KJV)** Because they rebelled against the words of God, and contemned (despised) the counsel of the most High:

**Proverbs 12:15 (KJV)** The way of a fool *is* right in his own eyes: but he that hearkeneth unto counsel (root advice 3289) *is* wise.

The Lord's counsel will stand.

**Proverbs 19:21 (KJV)** *There are* many devices (plans) in a man's heart; nevertheless the counsel (root advice 3289) of the LORD, that shall stand.

Some will come to us weary with too much counsel.

**Isaiah 47:13 (KJV)** <sup>13</sup> Thou art wearied in the multitude of thy counsels (root advice 3289) . Let now the astrologers, the stargazers, the monthly prognosticators, stand up, and save thee from *these things* that shall come upon thee.

Our job is to declare the whole counsel of God.

**Acts 20:27 (KJV)** For I have not shunned to declare unto you all the counsel (will 1012) of God.

We must start by determining the counsel of their heart.

**1 Corinthians 4:5 (KJV)** Therefore judge nothing before the time, until the Lord come, who both will bring to light the hidden things of darkness, and will make manifest the counsels (will 1012) of the hearts: and then shall every man have praise of God.

We constantly counsel ourselves based on the information stored in our hearts through our meditation, personality type, life experiences, family, ethnic background, culture and nationality.

Thoughts

Biblical Counseling is Problem Centered Discipleship.

Jesus commended us to go into all the world and make disciples as stated in Matthew 28:18-20, **“And Jesus came and spake unto them, saying, All power is given unto me in heaven and in earth. <sup>19</sup> Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: <sup>20</sup> Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you always, even unto the end of the world. Amen.”** Usually a discipleship program centers in the basics of the Christian life such as: 1) the assurance of salvation, 2) confession of sin, 3) prayer 4) Bible reading and study, 5) water baptism 6) church attendance, 7) giving time, talent, treasure and 8) witnessing.

There are several good discipleship programs available.

Biblical counseling or problem centered discipleship helps the person grow as a disciple or follower of Jesus Christ through learning God’s promises and commands that pertain to his or her problem(s). The **“teaching then to observe all that I have commanded you”** is applied to the problem (s) they are dealing with.

Biblical counseling is part of the progressive sanctification process. It is helping people to live for Him completely instead of themselves.

**2 Corinthians 5:15 (KJV) And that he died for all, that they which live should not henceforth live unto themselves, but unto him which died for them, and rose again.**

Biblical counseling is the private ministry of the Word that flows from the problems people bring to the counseling room.

**Acts 20:20 (KJV) And how I kept back nothing that was profitable unto you, but have shewed you, and have taught you publickly, and from house to house,**

**Acts 20:31-35 (KJV) Therefore watch, and remember, that by the space of three years I ceased not to warn every one night and day with tears. <sup>32</sup> And now, brethren, I commend you to God, and to the word of his grace, which is able to build you up, and to give you an inheritance among all them which are sanctified.**

#### Short Definition

**Biblical Counseling is a discipleship ministry of the local church in which the Holy Spirit, through a person of God, uses the Bible to convict the heart of another person (s) of wrong desires, thinking, and intents which are put off and brought in line with the word of God, while they grow to be more like Christ, in the context of a loving relationship. - Pastor Walt Willett Grace Baptist Church of Indianapolis.**

#### Expanded Definition

**Biblical Counseling is a discipleship ministry of the local church functioning under the equipping leadership of the pastor in which the Holy Spirit through a person of God uses the Bible to convict the heart of another person so wrong desires, thinking, intent are put off and brought in line with the word of God. This is done through teaching, reproving, correcting and instructing in righteousness, encouraging faith and biblical obedience by moving from desire oriented living to Word-oriented living. This is done to solve their problems Biblically through growing in the grace and knowledge of the Lord Jesus Christ and to better glorify God and grow to be more like Christ in the context of a loving relationship. - Pastor Walt Willett Grace Baptist Church of Indianapolis.**

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) <sup>15</sup> But speaking the truth in love, may grow up into him in all things, which is the head, even Christ:**

# A Comparison of Three Definitions

## Section 1 - Definitions

**Among Biblical counselors, there are slight differences of definitions. Look at the following definitions.**

1. Discerning thinking and behavior that God wants to change. Using God’s Word to change thinking and behavior for the benefits of the counselee and for the glory of God. – Faith Baptist Counseling Ministries
2. **Nouthetic counseling is confrontation that is done out of concern for the purpose of changing something God wants to change. That something can involve attitudes, beliefs, behaviors, motives, decisions, and so forth. P.20 Ready to Restore by Jay Adams**
3. **“Counseling is to give someone advice in the form of a plan so they can accomplish goals. It isn’t just listening or doing something for someone.” Instead Biblical Counseling has goals, objectives, methods, and motivation that come from God. First Timothy 1:5 makes clear our goal for each counselee: that is for them to have pure hearts, good conscience and sincere faith. Therefore, holiness, not health, is the goal. The source of change is Christ in them through the Word of God, by the power of the Spirit. Biblical counseling is unique in that it is the work of the church through gifted people in the body using the Word to help people solve problems in God pleasing ways.” - P.7 Introduction to Biblical Counseling course syllabus, by George Scipione**

### Eight Important Components of the Definition

1. Biblical counseling is ministry of the local church. - Matt. 28:19-20; Col. 1:28-29; Eph.4:11-12
2. Pastoral leadership over the counseling process & equipping ministry. - Col.1:28-29; Ep.4:11-12
3. The enablement of the Holy Spirit. - Phil. 2:12-13; I Pet. 4:10
4. Using the Word to teach, reprove, correct and instruct in righteousness. - II Tim. 3:16
5. The counselee solves his/her problem through faith and obedience. - II Pet.1:2-11
6. Through the counseling process, the counselee grows in the grace and knowledge of our Lord and Savior Jesus Christ and becomes more like Christ. - II Pet. 3:18
7. The counselee benefits from the counseling by being more pleasing to God.- II Cor.5:9; Col. 1:29
8. God is glorified through the growth of the believer. - I Cor. 10:31

From George C. Scipione, Introduction to Biblical Counseling, Institute for Biblical Counseling and Discipleship. La Mesa, California.

### Relationship to Other Forms of Ministry

<b>Biblical Counseling</b>	<b>Discipleship</b>	<b>Mentoring</b>
<b>Focus:</b> Problem-Centered Discipleship	<b>Focus:</b> Knowing Christ Better	<b>Focus:</b> Modeling Faith in Life
<b>Purpose:</b> Solving Problems Biblically	<b>Purpose:</b> Christian Growth	<b>Purpose:</b> Application of Faith to Life
<b>Remedial</b>	<b>Preventive</b>	<b>Life - Related</b>

## What is Biblical counseling?

- 1.
- 2.
- 3.
- 4.

### **Biblical Theory Base, Practices and Vocabulary**

We are not psychologists or mental health counselors and are not licensed by the state to practice psychological or mental health counseling and use their concepts and techniques. We are disciples of Jesus Christ who through the church under the leadership of the Pastor and the guidance and empowerment of the Holy Spirit use the Bible, the Word of God, to speak to the heart of the people for the purpose of helping them be more pleasing to God and solve their problems in a Biblical way. Therefore we have our own distinctive relationship style, theory base and practices, and vocabulary. Because through the years, psychology has borrowed from Bible concepts there may be similarities in some concepts and practices. We discourage the use of psychological concepts and vocabulary.