

GENERAL PRINCIPLES OF BIBLICAL COUNSELING PART 3

Key Elements in Biblical Counseling *(Continued)*

D. Instruction.

8. Be careful not to be legalistic: commanding beyond what the Bible says.

E. Intention. *Luke 9:23-24; 14:25-34; Phil 2:12-13; Prov 14:23*

1. Counseling is more than instruction. *Jas 1:22; Luke 14:25ff*
2. The counselee is responsible to commit to obedience to God. *2 Cor 7:8-11*
3. Motives are crucial. *Rom 14:23; Col 3:20*
 - What does real repentance look like? *2 Cor 7:8-11; Ps 51*
4. Deal with behavior, not mere feelings. The counselee must agree to obey God, whether he feels like it or not.
5. Be prepared to meet with resistance. *Matt 21:28-30*
6. Continue to offer hope: faith in Christ works. *Rom 6:1-14; 2 Cor 5:17; Mark 9:22-24; 1 Cor 10:13; John 15:5; Phil 4:13*

7. If a counselee refuses to commit to do God's will, you may need to end the counseling relationship. *Matt 7:6; 18:15-18; Prov 13:15; 29:1; 2 Thess 3:14*

F. Implementation.

1. The counselee cannot expect the counselor to change him. *Phil 2:12-13*
2. The counseling sessions are not ends in and of themselves.
 - Action and obedience are needed. *Mark 10:17-22*
 - Explain to your counselee how progressive sanctification works. *Rom 6:11; Eph 4:22ff; Phil 1:6*
3. The greatest progress in counseling is made in between sessions.
 - Prepare for temptation: concrete steps: call someone, go outside, etc. *2 Tim 2:22; Prov 22:3*
 - Prepare for failures. *1 John 1:9; Prov 24:16; Ps 43:5*
 - Expect growth. *2 Cor 3:17-18*
4. Concrete homework assignments should be given. Why give homework?
 - Actions and behavior. *1 Cor 15:33; Prov 13:20; Matt 5:29-30; 25:40; Eph. 4:28*

- Scripture reading and memory.
- Christian books, pamphlets, and tapes.
- Journals.
- Other assignments.

G. Integration.

1. The structure of the local church should be used in maintaining accountability.
 - We do not want to become substitute psychologists (professionals).
 - Ideally, a pastor or other church leader should attend counseling.
 - Sometimes church discipline may be required. *Matt 18:15-17*
 - What about confidentiality in counseling?

2. You are not seeking merely a solution to one problem, but a total restructuring of a life over the period of time.

3. New, godly habits are built over time. *Eph 4:13-14*

4. The goal is that the counselee will be able to counsel himself and others. *Gal 6:6*

Conclusion



Books

Adams, Jay, *The Christian Counselor's Manual*.

Adams, Jay, *Helps for Counselors*.

Mack, Wayne, *A Homework Manual for Biblical Counseling (I&II)*.



Supplemental Resources

Keller, Timothy. "Communication Guidelines."

Priolo, Lou. "Anger 'Hot Button' List."

Priolo, Lou. "A Checklist of Ways Parents Provoke their Children to Anger."

Priolo, Lou. "Christ-Centered or Child-Centered Home."

"Anger Journal/Heart Journal."

"Business Travel Plan for Avoiding Sexual Temptation."

"Child-Centered or God-Centered Home."

"Communication: Discussion Questions."

"Unfaithfulness Assignment."