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

   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

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

Supplemental Resources

Keller, Timothy. “Communication Guidelines.”
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.”