

Deeper Discipleship for the Unruly, the Fainthearted and the Weak

Shelbi Cullen

I. Introduction: Counseling in Specifics and not Generalities

II. Unbending Ursula

A. The Greek Word for unruly – (*ataktos*)

B. The Case Study of one Unbending Ursula

- *Specific Unruly Habits and/or Behaviors*

1. She wants to have things her way and wants to be in control
2. She is being judgmental of others seeing the speck in her brother's eye without looking at the log in her own eye.
3. She has a lack of biblical love.

- *Specific Counsel for Unbending Ursula*

1. **The Mandate: Admonish (*noutheteo*)**

- Put sense into her head
- Warn (Proverbs 13:15)
- Instruct

2. **The Heart of the Matter – Matthew 15:19**

- **Put off:**

♥P_____ (Mt. 20:1-16; Lk 7:36-50; Eph. 5:21; Prov. 19:21; Jn 9:13-34; 1 Peter 2:13-17)

- **Put on:**

♥H_____ (Ps. 119:66; Phil 1:21; Heb. 12:1-2;

1 Thess 5:18; James 1:19; Phil 2:3-4; Prov. 11:13;

Rom. 13:1-2; Prov. 9:8; 1 Cor. 4:7; Eph. 4:29; Col. 3:12-14; 1 Jn 1:9; Rom. 12:15; Acts. 20:31-38)

- Trusting that God is S_____ (Rom. 8:28-29)
- Love for God & Neighbor (Matt. 22:34-39)
- Take the log out (Matt. 7:5)

- Nurture biblical love toward others (1 Cor. 13:4-8; Jms 3:8-9)

3. The Instruction and Homeworkⁱ

- a) Read Psalm 32:10; Proverbs 3:5-8; Isaiah 55:9; John 14:1 and Romans 11:36 and list out what you learned about trust from those verses and why it's important to trust God.
- b) Write Rom. 8:28-29 down on an index card and then pray it back to God 3 x times each day.
- c) Read Chapter 7 out of Elyse Fitzpatrick's *Overcoming Fear, Worry, and Anxiety*.
- d) Do a study on 1 Corinthians 13:4-8 and answer the following questions:
 - What three qualities of love stand out to you, in which you need to grow?
 - How are these qualities manifested in Christ's life?
 - What actions will you take in order to grow in that direction?
 - Please, write down, how you were able to apply them.
- e) Read *Forgive as the Lord Forgave You* by Patrick Morrison.
 - Make a list of all those who sinned against you.
 - Specifically forgive them.
 - Decide what individuals still need to be confronted and which ones will be covered over.
 - Consider the forgiveness we have in Christ and out of that forgiveness she can reach out to others.
- f) Church Attendance
 - Attend Church this Sunday
 - Take Notes on the message

III. Worrisome Wanda

A. Two Greek Words put together

- *oligo* –
- *psuchos* –

B. The Faint-Hearted in Thessalonica

C. The Faint-Hearted in Your Church

D. The Case Study of one Worrisome Wanda

• *Specific Faint-Hearted Habits and/or Behaviors*

1. She struggles with self-sufficiency
2. She makes decisions based on emotion vs. God's Word
3. She has fear over her future
4. She is anxious

• *Specific Counsel for Worrisome Wanda*

1. **The Mandate: Encourage (*parakaleo*)**

- Console
- Comfort
- Strengthen

2. **The Heart of the Matter – Matthew 15:19**

• **Put Off**

♥T_____ S_____ (Jer 17:5-6; Prov 3:5)

• **Put On**

♥T_____ G_____ (Prov. 3:5-6, 29:25; Ps. 22:8; Mt. 22:37.)

3. **The Instruction and Homework**

If she comes out of an abusive background:

a) Read Romans chapter 8 every day for a month.

- Memorize and Romans 8:28-29.
- List everything the Gospel provides for her as explained in Romans 8.

b) Read Romans 12:14-21 each day for one month.

- Read *How to Overcome Evil* by Jay Adams.

- Realize that God will repay. No one who sinned against you will escape God's justice. Vengeance belongs to Him and He will repay. She does not have to carry a grudge.
- c) Read *Forgive as the Lord Forgave You* by Patrick Morrison.
- Make a list of all those who sinned against you.
 - Specifically forgive them.
 - Decide what individuals still need to be confronted and which ones will be covered over.
 - Consider the forgiveness we have in Christ and out of that forgiveness she can reach out to others.
- d) Encourage her to read.
- REVELL, GLENDA, *"Glenda's Story,"* Gateway to Joy, Box 82500 Lincoln, NE 68501, 1994. An amazing testimony of God's grace in the face of abandonment, abortion, abuse, addiction, alcoholism, alienation and anorexia. Your heart will be moved and your faith in God's grace and His all-sufficient word will be enhanced.
 - VAN STONE, DORIS, *"Dorie, The Girl Nobody Loved,"* Moody Press, 1979. Another testimony of God's grace and His all sufficient word in the face of great suffering.

Any Faint-hearted person could benefit from:

- e) Reading the book of Philippians or 1 Peter and keeping a journal and answer the following questions in a daily reading:
- Record the portion that you read.
 - What did this passage say about God?
 - What is a specific teaching that can be understood from this passage?
 - What did this passage say about putting off sin or putting on righteousness?

- What is one thing from this passage for which I can thank God?
- From this passage what is one thing I should ask God to Help me do?
- Write down a specific application you will make in your life today as a result of your reading. Write out a prayer to God to enable you to practice this principle.

f) Bible Memorization: 1 Cor. 10:13, Phil 4:6, 2 Tim 1:7; 1 Peter 5:7, Rom. 8:28-29

- On the other side of the index card, write out a prayer asking God to accomplish in you're the teaching of the verse.
- Review the verse 3 times per day and each time you review the verse pray it back to God.

g) Church Attendance

- Attend church this Sunday
- Take notes on the message

h) Read *The Attributes of God* by Arthur W. Pink

- Read one chapter per day.
- Highlight 3 important statements about God in each chapter.
- Choose the most important statement about God for you to meditate upon each day.
- Practice these steps daily.
- Record some results in your journal and bring it to counseling.

i) Read *Christ and Your Problems* by Jay Adams

- Highlight the 10 most important statements from the booklet.
- Come prepared to discuss why each of the statements you highlighted was important to you.
- Choose the most important statement for you to apply in your life right now.
- List three specific steps you can take to start practicing that truth this week.

- Practice those steps daily.
- Record the results in your journal and bring them in.

j) Preach or rehearse the Gospel to yourself this way

- I have Christ's perfect record put to my account (2 Cor 5:21, Gal 3:13).
- No longer is there punishment due to me (Rom 8:1-4).
- I can rest in the grace of God and my standing before Him regardless of my performance. My position is based solely on the work of Jesus and I have nothing to boast about. (This is an antidote to pride.)
- I deserve only God's wrath but have received grace (Eph 2:8).
- Jesus bore my wrath on the cross (Rom 5:9). (This promotes a spirit of thankfulness and a hatefulness of my sin as I think about the great lengths God took to rescue me.)
- I am God the Father's child and a joint heir with Jesus, His bride, one with Him as a recipient of His magnificent never-ending love (1 Jn 3:1, Rom 8:37-39)!
- As I recognize and dwell on the Gospel it motivates me to fight against my sin and fervently obey God out of love for my God and Savior (Jn 14:15, Rom 6:1, Gal 2:20).

k) Read *Comforts From the Cross* by Elyse M. Fitzpatrick, *Gospel Meditations for Women* by Chris Ander and Joe Tyrpak, or *The Gospel Primer* by Milton Vincent.

IV. Fragile Franny

A. She has a _____ faith.

B. She is _____ weak.

C. The Case Study of Fragile Franny

- *Specific Habits and Behaviors*
 1. Lack maturity in their faith.
 2. More susceptible to the sin of anger, unforgiveness, and depression
 3. Sometimes lacks assurance in her salvation
 4. Can fall into sin over and over again
 5. Finds it difficult to accept God's Will

- *Specific Counsel for Fragile Franny*

1. **The Mandate: To Help (*antecho*)**

- Hold firmly to
- Be Devoted
- To Assist
- To Support

2. **The Instruction and Homework**

- a) Bible Reading: The Book of Ephesians

- Keep a journal answering the following questions related to your daily reading:
 - What did this passage say about God?
 - Is there a sin to avoid? Is there a command to obey?
 - What is a specific teaching that can be understood from this passage?
 - What did this passage say about putting off sin or putting on righteousness?
 - What is one thing from this passage for which I can thank God?
 - From this passage what is one thing I should ask God to Help me do?
 - Write down a specific application you will make in your life today as a result of your reading. Write out a prayer to God to enable you to practice this principle.

- b) *Fundamentals of the Faith* (Grace Community Church)

- c) *Attributes of God* by AW Pink (see page 5, letter h in your notes)

- d) Read *Down But Not Out* by Wayne A. Mack

- Highlight the 10 most important statements from the booklet.

- Come prepared to discuss why each of the statements you highlighted was important to you.
 - Choose the most important statement for you to apply in your life right now.
 - List three specific steps you can take to start practicing that truth this week.
 - Practice those steps daily.
 - Record the results in your journal and bring them in.
- e) Integrate by joining a Women’s Bible Study or Sunday School
- f) Church Attendance
- Attend Church this Sunday
 - Take Notes on the message

V. Be Patient with All Women☺

A. The Mandate: Be Patient (*makrotymeō*)

- steady patience
- long-suffering under provocation
- long-spiritedness
- slow to anger

B. You’re Not Alone

• **Holy Spirit (*Parakletos*)**

1. He is a Spiritual Attendant
 - Provides assistance, support, relief, & guidance
2. He is God
3. He will guide you and your CE into truth

¹ Sample Homework Assignments compiled by Dr. Robert Somerville, Shelbi Cullen, & other MABC Students @TMC