

General Principles of Biblical Counseling, Part 2
Eight I's Counseling Model (5-8)¹

#5 Instruction

Definition: Promote biblical change through accurate, concrete, practical, and appropriate teaching and counsel from Scripture providing God's perspective on what to do to solve the problems.

Scriptural reference: Pss 19:7-9; 119:105; Prv 1:2-7; Isa 8:19, 20; Jn 17:17; 2 Tm 3:16, 17; 2 Pt 1:3, 4.

A. Prerequisites for giving instruction. Rom 15:14; 2 Tm 2:15; 2 Pt 3:17, 18

"100 'GO TO' Texts for Biblical Counseling"—see Attachment 3.

B. Based on the word of God.

1. The authority is God. 1 Thes 2:13; 2 Tm 3:16, 17
2. Scripture is expounded (explained in context) by the counselor. 2 Tm 3:16, 17

C. Christ-centered counsel. Mt 11:28; Rom 1:15, 16; 6:1-11; 1 Cor 1:18-31; Gal 2:20; Eph 4:32; Col 1:23; 3:1-17

¹ This information was obtained and adapted from the "Methods of Biblical Change" graduate course instructed by Dr. Wayne Mack at The Master's College.

The complete source of this material (originally 7 I's without the "Integration" element) is in a book co-authored by Wayne Mack: *Introduction to Biblical Counseling: A Guide to the Principles and Practice of Counseling* (Nashville: Thomas Nelson, 1994), 173-297.

The current source for this information can be found in a book co-authored by Wayne Mack: *Counseling: How to Counsel Biblically* (Nashville: Thomas Nelson, 2005), 101-200.

D. Develop an instruction plan or agenda. Prv 21:5

E. Prepared counseling outlines and handouts are valuable.

F. Teach Scripture creatively (such as with stories, examples, and diagrams).
Heb 10:24

G. Teach to the level of the counselee. Jam 3:17

H. The goal of the instruction is Christlikeness. Rom 8:29

I. Put Off / Put On. Eph 4:20-5:4

1. Put off—repentance of sin is taught, including exerting effort against old ways.
Pss 32:3-5; 51:4; Prv 28:13; Rom 13:13; 2 Cor 7:8-11; Eph 4:22; 1 Jn 1:8-10
2. Put on—new patterns of righteousness are taught, practiced, and emphasized over the old patterns. Rom 13:14; Eph 4:24
3. Mind renewed—passively as this is a work of God. Eph 4:23

Put Off Sin	Put On Righteousness
Self-oriented way of life	God-oriented way of life
Broad way that leads to death	Narrow way that leads to life
Inordinate selfish desires	Please God and serve others' desires
Fear of man	Fear of the Lord
Idolatry	Worship God alone
Ruled by felt needs	Renewed mind, ruled by God's Word
Deep yearnings, cravings	Heavenly minded
Autonomy from God	Dependence on God
Selfish goals/expectations	Desires of the Spirit
False hopes/trusts	Confidence in God and His promises
Pride, arrogance, haughtiness	Humility, lowliness of mind
Self-righteousness	Acceptance of Christ's righteousness
Malice	Kindness, goodness
Self-esteem, admiration	Christ esteem, esteem of others
Honoring self	Honoring others first
Feeling orientation, sensuality	Principle driven
Anger, hostility, bitterness	Love, self-control, forgiveness, mercy
Negativity, discontentment	Gratitude, contentment
Defensive, blame shifting	Acceptance of responsibility, criticism
Self-justification, unrepentant	Confession of sin, repentance
Impatience, annoyance, irritability	Patience, gentle, calm, forbearing
Factious, argumentative, critical	Peacemaker, hospitable, appreciative
Unwholesome, destructive speech	Wholesome, edifying, constructive speech
Laziness, slothfulness	Diligence, industriousness

#6 Inducement (also Intention)

Definition: Promote biblical change by motivating or persuading the counselee to repent of sinful attitudes, words, or actions; and make a decisive commitment to counseling and to obey the Lord following biblical directives.

Scriptural reference: Ex 32:26; Job 31:1; Prv 14:23; Mt 6:24, 33; Lk 9:59-62; 2 Cor 5:11; Eph 4:1.

A. The counselee must be willing to change. In 7:17

1. Counseling is more than a counselor's instruction alone. Prv 14:23; 25:12
2. Committed to counseling and obedience to God. In 14:15; Lk 9:23, 24;
Phil 2:12, 13

B. Kinds of commitments to induce counsees to make.

C. A.C.C.E.P.T. acronym for commitment.

Acknowledge personal responsibility.
Choose the Bible's way of doing things.
Commit to change.
Exert energy.
Persevere.
Trust the Lord.

D. Inducing commitment. Mt 18:15-20; Phil 4:13

E. If the counselee refuses to be committed. Mk 10:21, 22; 2 Thes 3:14, 15

#7 Implementation

Definition: Promote biblical change by helping the counselee to be a doer of the word practicing biblical directives in daily life until new patterns become established.

Scriptural reference: Lv 19:1, 2; 2 Cor 7:1; Eph 4:20-24; Jm 1:22-25; 1 Pt 1:14-16; 2 Pt 3:11.

A. The greatest progress is not made with the counselor or in counseling.
Phil 2:12, 13

B. Prepare the counselee with a plan for temptation. Prv 22:3, 24:16; 2 Tm 2:22

1. Use a Prayer Card to encourage the counselee to pray and to pray with right motives. Jam 4:2c, 3 (sample Prayer Card for sinful anger—see Attachment 4).
2. Include the use of Hope Cards to keep biblical hope before the counselee all week (sample Hope Card—see Attachment 5). 1 Jn 5:14, 15

C. Give concrete growth assignments.

1. Regular Bible reading.
 - a. With prayer in response to reading as a devotional time.
 - b. Praying God's word back to Him. 1 Jn 5:14, 15
 - c. Aware of the indicatives and imperatives of Scripture.
 - d. Specific to counseling issues (e.g., Prv 5-7 for sexual sin).
 - e. Passage memorization.
2. Church attendance and application of the message. Heb 10:25
3. Small group accountability. Rom 12:10; 15:14; 2 Tm 2:22
4. Some collateral reading that supports the issue being addressed.
5. Use the 3 x 5 Prayer Card to pray with the right motives when tempted.
6. Use the 3 x 5 Hope Card with Scripture and prayer on the opposite side.

#8 Integration

Definition: Promote biblical change until the necessary changes are integrated into the life of the counselee and the counselee is integrated into the life of the church.

Scriptural reference: (Integration into the person's life) Rom 6:1-7; 8:2-4; 12:3-16; Col 1:9-12; 1 Tm 4:7, 8; 2 Tm 3:17; Heb 5:14 / (Integration into the church) Acts 2:42; Rom 12:4-16; Gal 6:10; Eph 4:1-16; Heb 10:24, 25.

A. Counseling is interested in the redirecting of a life and not just solving a problem.

B. Life of the counselee—criteria for determining when integration of biblical principles in the counselee's life has occurred.

C. Life in the church—criteria for determining when integration of the counselee into the life of the church has occurred.

D. The length of time between counseling sessions increases based on the progress occurring. 2 Tm 2:2

HEAD (Content)

HEART (Character)

HANDS (Competence)

HOME (Church)

Love, Know, Speak, Do Model

A. “Love, Know, Speak, and Do” is another counseling model.²

B. The Eight I’s can be grouped into four couplets which makes remembering all of the elements easier.

LOVE	1. Involvement 2. Inspiration
KNOW	3. Inventory 4. Interpretation
SPEAK	5. Instruction 6. Inducement
DO	7. Implementation 8. Integration

C. A counseling evaluation form can be used to improve counseling (Counseling Evaluation form—see Attachment 6).

² This was developed by Paul Tripp and can be found in his book, *Instruments in the Redeemer’s Hands: People in Need of Change Helping People in Need of Change*, chapters 8-14, 140-276.

(Approximately) 100 "Go to" Texts for Biblical Counseling

I. General principles:

- A. The Bible is infallible and sufficient for counseling. 2 Tim. 3:16-17
- B. Apply the gospel specifically to every problem. Phil. 4:12
- C. You and your counselee are totally dependent upon God for success. Jn. 15:5

II. Addressing various counseling problems.

- A. Conflict resolution.
 - 1. Pursue peace. Mt. 5:9
 - 2. Listen carefully and listen to both sides. Prov. 18:13, 17
 - 3. First address your own sin. Mt.7:3-5
 - 4. Confront your erring brother in love. Gal. 6:1-2
 - 5. Be prepared to follow the steps of church discipline. Mt.18:15-20
 - 6. Christians should not sue other Christians in secular courts. 1 Cor. 6:1f
 - 7. Even if you do all you can to seek resolution, you may not succeed. Rom. 12:18
- B. Anger.
 - 1. Anger is murder. Mt.5:21-22
 - 2. The cause of conflict is sinful desire. Js. 4:1-6
 - 3. An angry person is dangerous. Prov. 25:28
- C. Revenge.
 - 1. Don't take your own revenge. Trust God to do what is right. Rom. 12:19-21
 - 2. Show love to your enemy. Mt. 5:43-48
- D. Helping people who have been hurt by others (abused).
 - 1. Bitterness is destructive. Heb. 12:15
 - 2. Joseph trusted God and thereby forgave his abusers. Gen. 50:19-20
- E. Communication.
 - 1. The tongue is a fire. Js. 3:6f
 - 2. Use your words to build up, not tear down. Don't always say whatever is on your mind. Eph. 4:29
 - 3. Be slow to speak and quick to listen. Js.1:19-20
 - 4. Focus on understanding the other person rather than upon being understood. Phil. 2:3-4
 - 5. A gentle answer turns away wrath. Prov.15:1
- F. Resisting temptation.
 - 1. God's promise: you won't be tempted beyond what you are able. 1 Cor. 10:13
 - 2. Joseph's example. Gen. 39:7-10

- G. Lust.
 - 1. Lust in the heart is adultery. Mt 5:27-30
 - 2. Flee lust. 2 Tim. 2:22
 - 3. You are responsible for what you think about. Phil. 4:8-9 (also applies to fear, worry, depression, etc.)

- H. Fear.
 - 1. The fear of man brings a snare. Prov. 29:25
 - 2. Trusting in people is idolatry and will ruin you. Jer. 17:5-8

- I. Worry.
 - 1. Trust God to meet your needs. Mt. 6:25-34
 - 2. Pray with thanksgiving. Phil. 4:6-7

- J. Depression.
 - 1. Are you depressed because of your sin? Ps. 32
 - 2. The key to overcoming depression is not a change in your circumstances, but an increase in your faith. Phil. 4:11-13

- K. Addictions.
 - 1. Addiction is seeking from some idol what God alone gives. Isa. 55:1-2
 - 2. The root problem is that some love pleasure more than they love God. 2 Tim. 3:4
 - 3. Substance abuse is sinful and destructive. Prov. 23:29-35
 - 4. "Co-dependents" make the addict their idol. Jer. 17:5-8

- L. Facing trials and calamity.
 - 1. God sovereignly works all things together for good. Rom. 8:28
 - 2. God uses trials in your sanctification. Js. 1:2f
 - 3. Nothing can separate you from God's love in Christ. Rom. 8:31-39

- M. Seeking forgiveness.
 - 1. From God. 1 Jn. 1:8-10
 - 2. From those you have wronged. Mt. 5:23-24

- N. Granting forgiveness.
 - 1. Forgive as you have been forgiven. Eph. 4:32
 - 2. The story of the unmerciful servant. Mt. 18:21-35

- O. Repentance.
 - 1. How can you tell if repentance is genuine? 2 Cor. 7:9-11
 - 2. An example of true repentance. Ps. 51

- P. Presenting the gospel.
 - 1. We are saved not by keeping the law, but by Christ's atoning death. Rom. 3:20-26
 - 2. Confess your sins. 1 Jn. 1:8-2:2
 - 3. The substitution of the Lamb of God for sinners. Isa. 53:4-6
 - 4. The thief on the cross as an example of salvation by grace. Lk. 23:39-43
 - 5. We are saved by grace alone through faith alone. Eph. 2:8-9

- Q. Assurance of salvation.
1. If you truly believe in the Lord Jesus, you have been born of God. 1 Jn. 5:1
 2. If you are one of Christ's sheep, He keeps you safe. Jn. 10:28-29
 3. If you have no regard for God's commandments you are still lost. 1 Jn. 2:3-4
 4. If you have no love for the brethren, you have not been born of God. 1 Jn. 4:8-9
- R. Sanctification.
1. The converted sinner is no longer to be labeled by his old deeds. 1 Cor. 6:9-11
 2. Consider your old nature dead and your new nature alive in Christ. Rom. 6:11
 3. The believer is a new person with a new nature. 2 Cor. 5:17
 4. God will work to sanctify you. Phil. 1:6
 5. You are responsible to put forth effort in your sanctification. Phil. 2:12-13
 6. Learn and apply the put off and put on dynamic. Eph. 4:22-24
 7. Christ saved us that we might do good works. Tit. 2:14
- S. Church involvement.
1. Regular attendance is mandatory. Heb. 10:25
 2. God wants you to commit (join), making yourself accountable to particular church leaders. Heb.13:17
 3. Each of us is to serve. 1 Pet. 4:10-11
 4. Each of us is to give as God has prospered us. 1 Cor. 16:2
- T. Work and employment.
1. God's design is that you work six days a week. Ex. 20:9
 2. Don't be a sluggard. Prov. 6:6-11
 3. If someone refuses to work, he should not eat. 2 Thess. 3:10
 4. Serve God through your vocation. Eph. 6:5-9
- U. Finances.
1. Planning (budgeting) is wise. Prov. 21:5
 2. Acknowledge God's sovereignty over your finances. Js. 4:13-17
 3. God gives you the ability to earn. Deut. 8:18
 4. Avoid debt. Prov. 22:7
 5. Don't make an idol of money, but store up treasure in heaven. Mt. 6:19-21
 6. The love of money leads to every other evil behavior. 1 Tim. 6: 10
 7. Be generous with those in need. 1 Tim. 6:17-19
 8. Giving to the Lord's work should be the first item in your budget. Prov. 3:9
 9. Pay your taxes. Mt. 22:17-21
- V. Decision Making/Knowing God's will.
1. Wholeheartedly seek wisdom from God. Js. 1:5 (also see Prov. 1-9).
 2. Search for God's moral will in the Bible. 2 Tim. 3:16-17
 3. Seek godly counsel. Prov. 15:22
 4. You can't know God's secret will. Deut. 29:29
 5. Submit your plans to God's sovereign will. Prov. 16:9
 6. Trust God, that His way is best. Prov. 3:5-6
- W. Integrity.
1. Simply tell the truth. Mt. 5:37
 2. Lying destroys relationships. Eph. 4:25

III. Family issues.

- A. Marriage is divinely instituted.
 - 1. God's design for marriage. Gen. 2:18-23
 - 2. God's directive for marriage. Gen. 2:24

- B. The role of the husband.
 - 1. Loving. Eph. 5:25-30
 - 2. Understanding. 1 Pet. 3:7
 - 3. Serving. Jn.13:1f

- C. The role of the wife.
 - 1. Submission. Eph. 5:22-24
 - 2. Dealing with an unsaved husband. 1 Pet. 3:1-6 (see context 2:21-25)

- D. Sex.
 - 1. All sex outside of marriage is wrong. Heb. 13:4 (also see Gen. 2:24)
 - 2. God wants us to be fruitful (have kids). Gen. 1:28
 - 3. Your sexuality belongs to your spouse. Don't deprive him/her. 1 Cor. 7:3-5
 - 4. God wants married people to enjoy sex. Prov. 5:18-19 (also Song of Solomon)

- E. Child training.
 - 1. The duties of children. Eph. 6:1-3
 - 2. The duties of parents. Eph. 6:4
 - 3. The necessity of discipline. Prov. 19:18

- F. Divorce.
 - 1. God hates divorce. Mal. 2:16
 - 2. What God has joined, let no man separate. Mt. 19:5-6
 - 3. Adultery is a ground for divorce (the other person broke the covenant). Mt. 19:9
 - 4. Abandonment by an unbeliever is a ground for divorce. 1 Cor. 7:15
 - 5. Don't leave your unbelieving spouse or drive him/her away. 1 Cor. 7:12

Prayer Card (3 x 5)

Sinful Anger

James 4:2c, 3

Read card and pray. Pray God's word back to Him.

1. I want something too much—idol of the heart. Jam 4:1-4
2. I am not God/Judge. Jam 4:11, 12
3. God has been gracious to me—in Christ. Eph 4:31-5:2
4. God is in control--and is always doing good for me. Rom 8:28, 29
5. God has not given me more than I can handle. 1 Cor 10:13, 14
6. Remember my identity as a new person in Christ—beloved. Rom 6:11

Confess your spiritual weakness to God and ask for His spiritual strength (e.g., love, self-control, gentleness). Jn 15:5

Hope Card (3 x 5)

FRONT SIDE

1 Corinthians 10:13

No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.

BACK SIDE

Pray God's Word Back to Him (1 Jn 5:14, 15)

"Father, I thank You that You are faithful. I thank You that I will never be tempted, tested, or go through a trial that is greater than I can handle. And that You will always provide a way through the problem so I can face it and avoid sinning. Teach me to remember daily that I am Your child and so You will help me."

COUNSELING EVALUATION

Date _____

Evaluation for _____

Evaluation by _____

<p>INVOLVEMENT Establishing a change, facilitating relationship.</p>	<p>L O V E</p>	
<p>INSPIRATION Inspiring, arousing, influencing a sustained feeling of hope.</p>		
<p>INVENTORY Securing enough right kinds of information to understand Ce and problems.</p>	<p>K N O W</p>	
<p>INTERPRETATION Analyzing/organizing information to biblically identify nature and cause of Ce problems/explain them to Ce.</p>		
<p>INSTRUCTION Giving accurate appropriate biblical instruction on how to solve problems.</p>	<p>S P E A K</p>	
<p>INDUCEMENT Motivating, persuading Ce to repent of sinful attitudes, words, actions and make a decisive commitment to obey the Lord's biblical directives.</p>		
<p>IMPLEMENTATION Helping Ce plan how to make biblical directives a reality in daily life and practice biblical directives until new patterns become reality in life.</p>	<p>D O</p>	
<p>INTEGRATION Coaching/mentoring Ce until necessary changes are integrated into life and Ce is really integrated into life of the church.</p>		

STRENGTHS:

IMPROVEMENTS: