

The Inner Man and Outer Man Balance in Counseling

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Engaging the Heart

- I. In life, balance is a key.
 - A. Balanced diet
 - B. Balanced schedule
- II. This is true in theology.
 - A. Ontological/economic trinity
 - B. Predestination/free will
 - C. Ordained offices/general office
 - D. Predestination/free offer of the gospel
 - E. God's counsel/making you calling and election sure
 - F. The clear passages/the difficult passages
 - G. Authority/freedom of conscience
 - H. Counseling is similar.
- III. God's character is a stake. 1st Commandment
 - A. We are bound by His revealed will, Deuteronomy 29:29.
 - B. We have enough in His Word because He says so.
- IV. Man's good is at stake. 2nd Commandment
 - A. Our goal in counseling is to see men changed into the image of Jesus Christ.
 - B. We have enough in His Word because He says so, 2 Timothy 3:15-17; 2 Peter 1:3-10.

Exposition of the Word

- I. Man is the image of God, cf. the workshop at this conference.
Man has an inner man, heart, spirit, soul, mind
Man has an outer man, body including the brain.
This duplex unity should be in harmony or there is hypocrisy. Romans 10:8-10.
- II. The inner/outer man aspects must be balanced.
This is reflected in key passages.
Phil 4:4-9 is the clearest: heart, head, hands
- III. The *heart* is the covenantal, personal core of man
Man is in covenantal fellowship with or dead to God. Man reflects the god or
God he serves.

He is motivated by self-assertion and self-worship and guilt
or after regeneration/conversion he is motivated by guilt>grace>gratitude.

4. The **head** or mind is the direction of the inner life controlled by the heart and is a function of the heart.

The **mind** is either set on this fallen world as it is in rebellion against God
or it is set on this above where Christ is seated, 2 Cor 5:16; 10:3-6; Col 3:1-

4.

5. The **hands** must imitate godly examples, Christ, the apostles, other leaders,
Heb 13:7, 17.

This is obeying God's commands to action, Jn 15 and the rest of the New
Testament.

6. Counseling must address all three aspects of man's imaging and in a
balanced combination.

The picture is a 3 legged stool.

All three must be present in a balanced manner or the stool falls and the
seat, the

Peace of God with nothing to support it, falls to the ground.

You start at the covenantal core of the heart while also addressing the head
and

hands as well. This balanced approach includes teaching and assignments.

Exhortation for Life

1. How balanced is your counseling?
2. How balanced are your assignments?
3. How balanced is your church?
4. May God grant as all this type of ministry so people will experience the peace of God that passes all understanding.
5. May the God of peace guard your heart, your mind and your hands as you love and serve others.