

# **The Art of Biblical Counseling**

## ACBC Counseling and Discipleship Training

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### **Why Counseling is Like Jazz**

#### **Considering the Variables / Moving Beyond the Script**

*“When faced with the uncertainty of improvisation, beginners have a tendency to want to establish structure and script as quickly as possible. This can lead them to try to guess how the other actors will respond to the utterance they are considering, and thus to already be thinking ahead to their own next turn. Not only does this lead to too much conscious planning and a delay before speaking: it also prevents the beginner from listening closely to the partner’s response and responding to it.”*

*R. Keith Sawyer, Group Creativity, 56*

#### **Boundaried Improvisation**

*“Improv does not mean ‘anything goes.’ In jazz, each musician and each group must balance two competing tendencies: the expectation of creativity and inspiration, and the need to maintain coherence with both the tradition and the group.”*

*R. Keith Sawyer, Group Creativity, 51*

*2 Timothy 3:16-17*

All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.

*1 John 3:11*

For this is the message that you have heard from the beginning, that we should love one another.

## **Learning the Art Form**

*Ephesians 4:11-16*

And he gave the apostles, the prophets, the evangelists, the shepherds and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ, so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes. Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.

*Philippians 4:9*

What you have learned and received and heard *and seen in me*—practice these things, and the God of peace will be with you.

## **The Spiritual Dynamic**

### **The Spirit teaches and reminds us of truth**

*John 14:26*

“But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you.”

### **The Spirit grants us wisdom**

*James 1:5*

If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.

### **The Spirit (not you) changes people**

*Galatians 5:22-25*

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. And those who belong to

Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also walk by the Spirit.

## **Catching the Melody - Love**

### **Love Summarizes**

*Romans 13:8-10*

Owe no one anything, except to love each other, for the one who loves another has fulfilled the law. For the commandments, "You shall not commit adultery, You shall not murder, You shall not steal, You shall not covet," and any other commandment, are summed up in this word: "You shall love your neighbor as yourself." Love does no wrong to a neighbor; therefore love is the fulfilling of the law.

### **Love Unifies**

*Colossians 3:12-14*

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. And above all these put on love, which binds everything together in perfect harmony.

### **Love Characterizes**

*1 Corinthians 16:13-14*

Be watchful, stand firm in the faith, act like men, be strong. Let all that you do be done in love.

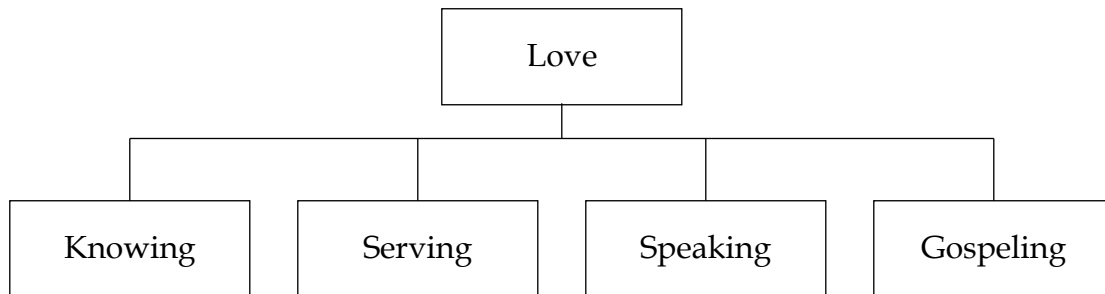
### **Love is Necessary**

*1 Corinthians 13:1-3*

If I speak in the tongues of men and of angels, but have not love, I am a noisy gong or a clanging cymbal. And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but have not love, I am nothing. If I give away all I have, and if I deliver up my body to be burned, but have not love, I gain nothing.

## The Art of Biblical Counseling

*Biblical Counseling and Discipleship is the God-exalting, grace-saturated act of loving another person, through patient knowledge, sacrificial service, true speech, and consistent application of the gospel in order to help them become more like Jesus.*



## The Goal

*1 Thessalonians 4:3*

For this is the will of God, your sanctification.

*Ephesians 2:10*

For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

*Galatians 5:22-25*

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also walk by the Spirit.

