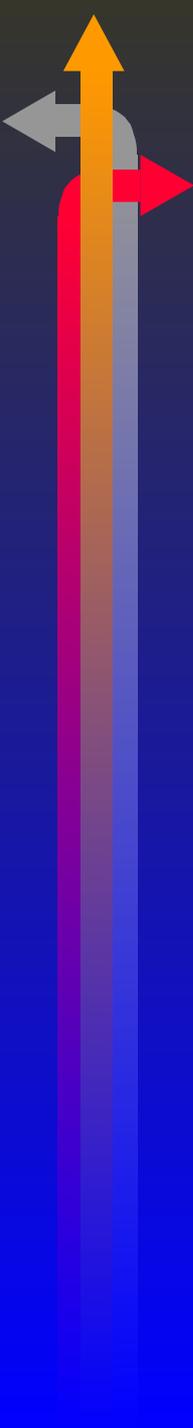


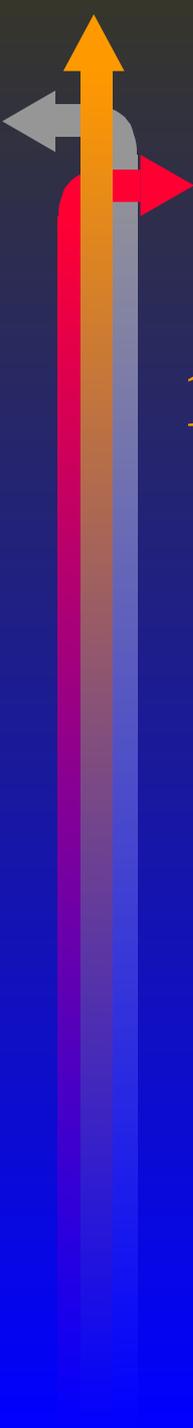
Biblical Counseling Class

Lesson 6 – Key Elements - continued



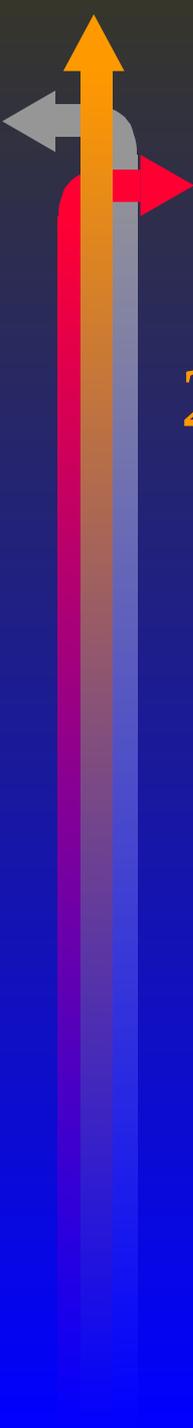
V. Key Elements - Review

- Gather information
- Discern the problem
- Build a relationship



D. Give Hope

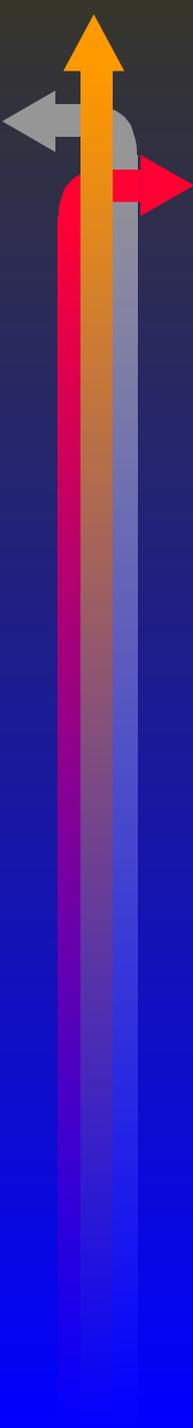
1. People need hope
 - a. People in general (2 Cor. 4:8, 1 Pet. 1:3-7)
 - b. Specific people:
 - i. People who have had problems for a long time
 - ii. People with serious and difficult problems
 - iii. People with life-shattering experiences
 - iv. People who have failed
 - v. People who are spiritually weak
 - vi. People with marriage difficulties
 - vii. People who are depressed
 - viii. People who are suicidal



D. Give Hope

2. True hope vs. Empty hope

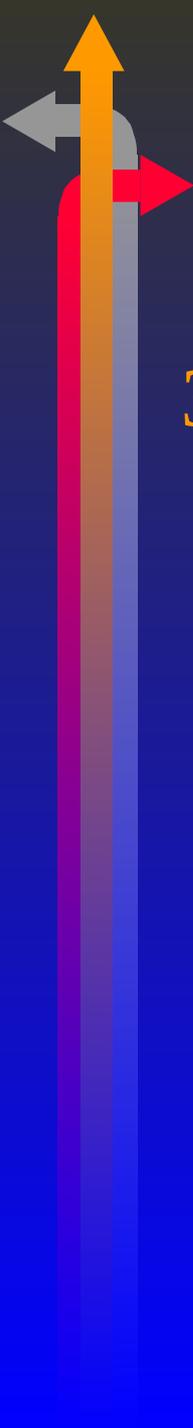
- a. Empty hope is based on:
 - i. Wrong goals
 - ii. Denial of reality
 - iii. Mystical or wrong thinking
 - iv. Bad theology



D. Give Hope

b. True hope

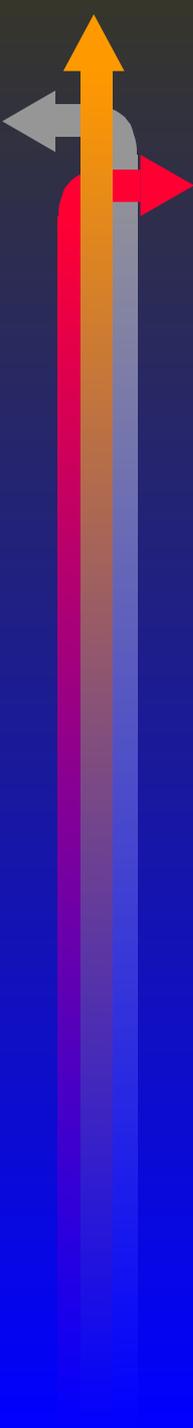
- i. Is the result of salvation (1 Pet. 1:3, Col. 1:4-5, 25-27, 1 Tim. 1:1)
- ii. Is based upon Scripture (Ps. 119:49, 130:5)
- iii. Is realistic (Rom. 8:28)
- iv. Is a choice (1 Pet. 1:13)
- v. Is based on what we know (Rom. 5:2-23, James 1:2-3)



D. Give Hope

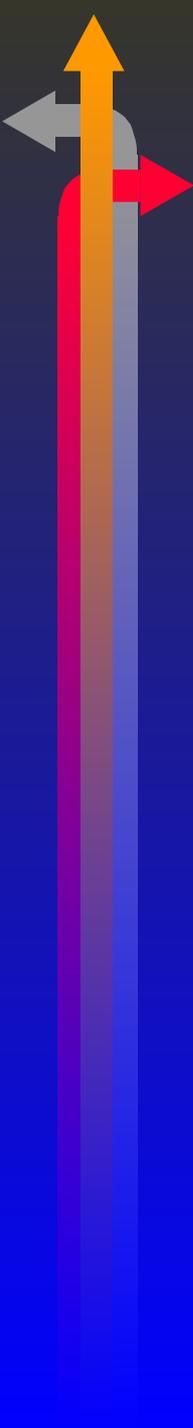
3. How to inspire hope

- a. Help the person grow in their relationship with Christ
- b. Teach the person to think biblically:
 - i. About the situation
 - ii. About God's character
 - iii. About the possibility for good
 - iv. About their divine resources in Christ
 - v. About the nature and cause of the problem
 - vi. About their language



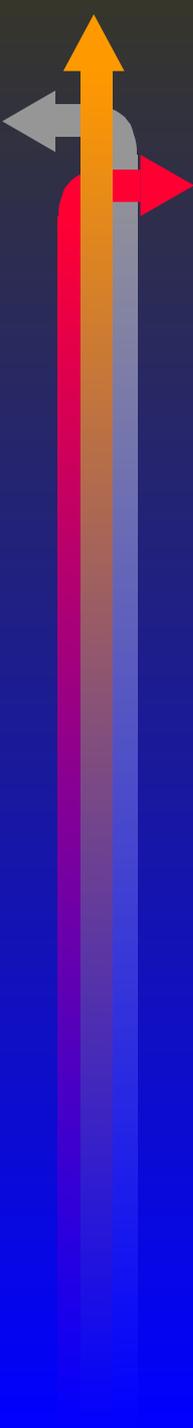
D. Give Hope

- c. Be solution-oriented
- d. Be an example to them



E. Provide Instruction

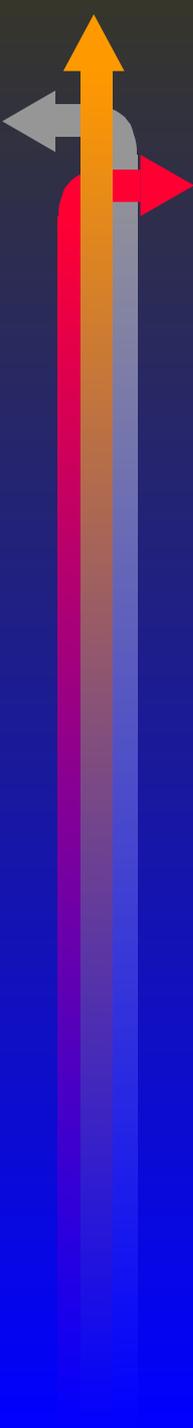
1. Two extremes to avoid in counseling:
 - a. Counseling is all instruction
 - b. Counseling is little to no instruction
2. For unbelievers
 - a. Help them understand themselves
 - b. Help them understand their inability
 - c. Help them understand the problem biblically
 - d. Help them understand the solution



E. Provide Instruction

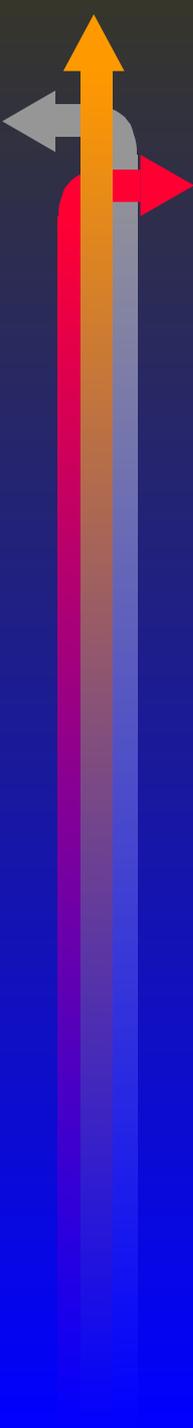
3. The nature of biblical instruction

- a. Instruction must be biblical (2 Tim. 3:16-17, Ps. 19:7-11)
- b. Instruction must be accurate:
 - i. Understand important biblical words
 - ii. Determine the meaning of a verse within its context
 - iii. Interpret Scripture in harmony with the rest of Scripture



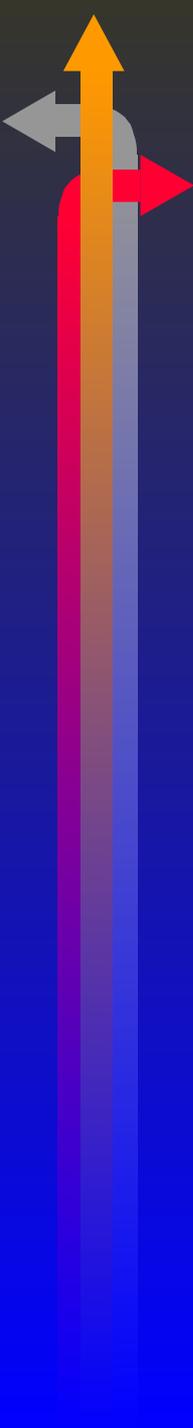
E. Provide Instruction

- iv. Keep instruction focused on Christ and the gospel
 - v. Instruct with the goals of application and life change
 - vi. Emphasize both “put off” and “put on” aspects
 - vii. Distinguish between biblical principles and human wisdom
- c. Instruction should be biblically appropriate
- i. Content (appropriate to problem, emotional state, maturity, and receptivity)
 - ii. Method (lecture, observation, experience, research, discussion, questions, reading, evaluation, self-disclosure, illustration, role-playing, interviews)
 - iii. Timing (Eph. 4:29, John 16:12)



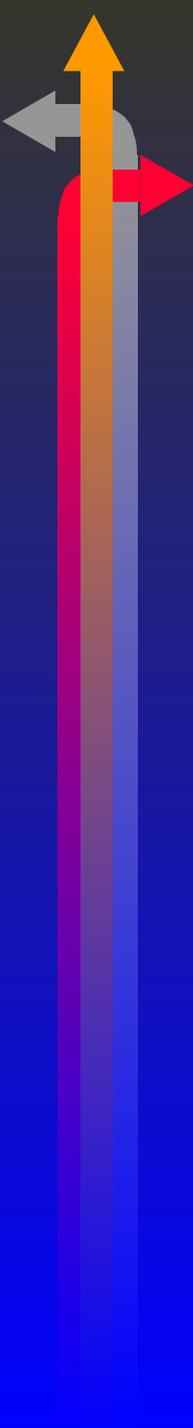
E. Provide Instruction

4. Develop biblical instruction
 - a. Build a topical notebook
 - b. Produce a personalized chain-reference Bible
 - c. Invest in good books, audio messages, and other resources
 - i. Journal of Biblical Counseling (www.ccef.org)
 - ii. Sound Word (www.soundword.org)
 - iii. Grace Bible Church library
 - iv. Grace Bible Church book cart



F. Assign Homework

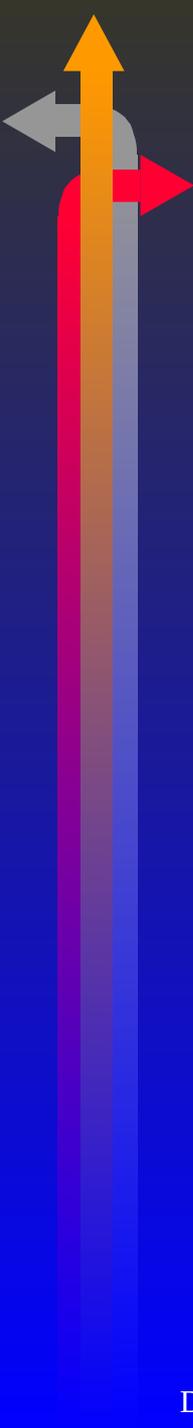
1. Reasons for homework
 - a. It translates principles into action (James 1:22)
 - b. It puts responsibility for change on the counselee
 - c. It helps lessen dependence upon the counselor
 - d. It continues counseling between sessions
 - e. Provides data for future counseling
 - f. It aids in showing who is serious about changing, and who is not
 - g. Daily practice is what produces growth and change (Eph. 4:22-24)



F. Assign Homework

2. Keys to effective homework

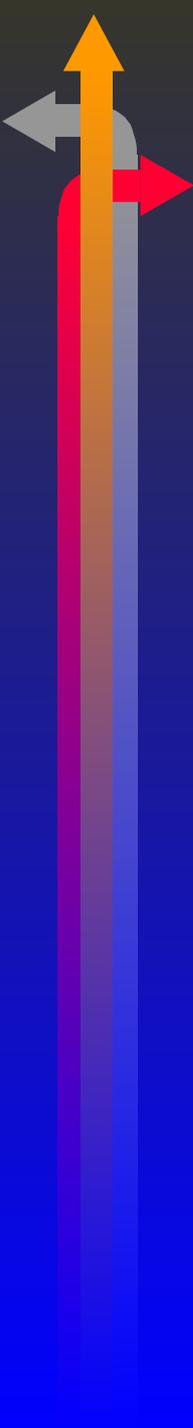
- a. Be specific. “People do not change in fuzzyland” – Randy Patten
- b. Address both knowledge and action
- c. Assignments should be appropriate to the problem
- d. Be sure to review homework during the next session



F. Assign Homework

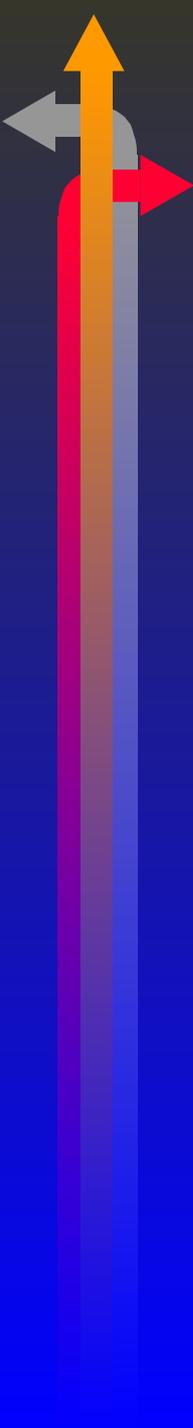
3. Essential areas of homework

- a. Daily Scripture reading
- b. Scripture memory
- c. Theological reading
- d. Regular church attendance and involvement
- e. Consistent prayer
- f. Emphasis on “doing”



F. Assign Homework

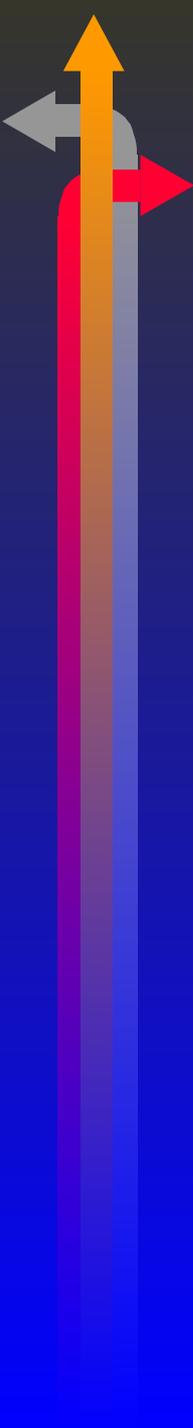
4. Examples of homework assignments
 - a. Read pamphlet and mark 10 key sentences that were meaningful
 - b. Keep a journal of conflicts. Make note of the occasion, action, and resolution (if any)
 - c. Monitor your spending for the next month. Create a budget based on your financial *needs*
 - d. Make a list of 10 specific ways you can show your wife/husband that you love her/him
 - e. Memorize Ephesians 6:4. Write down 10 ways that you provoke your children to anger



F. Assign Homework

5. Sources for homework

- a. CCEF booklets
- b. Jay Adam's pamphlets and booklets
- c. Wayne Mack's *Homework Manuals*
- d. NANC resources
- e. Book study guides
- f. Your own study guides



Homework

- Read chapters 11 & 14
- Memorize Proverbs 18:13
- Catch up with reading (if applicable)
- If you have not already done so, identify and purchase your second book
- Begin to apply what you're learning to yourself