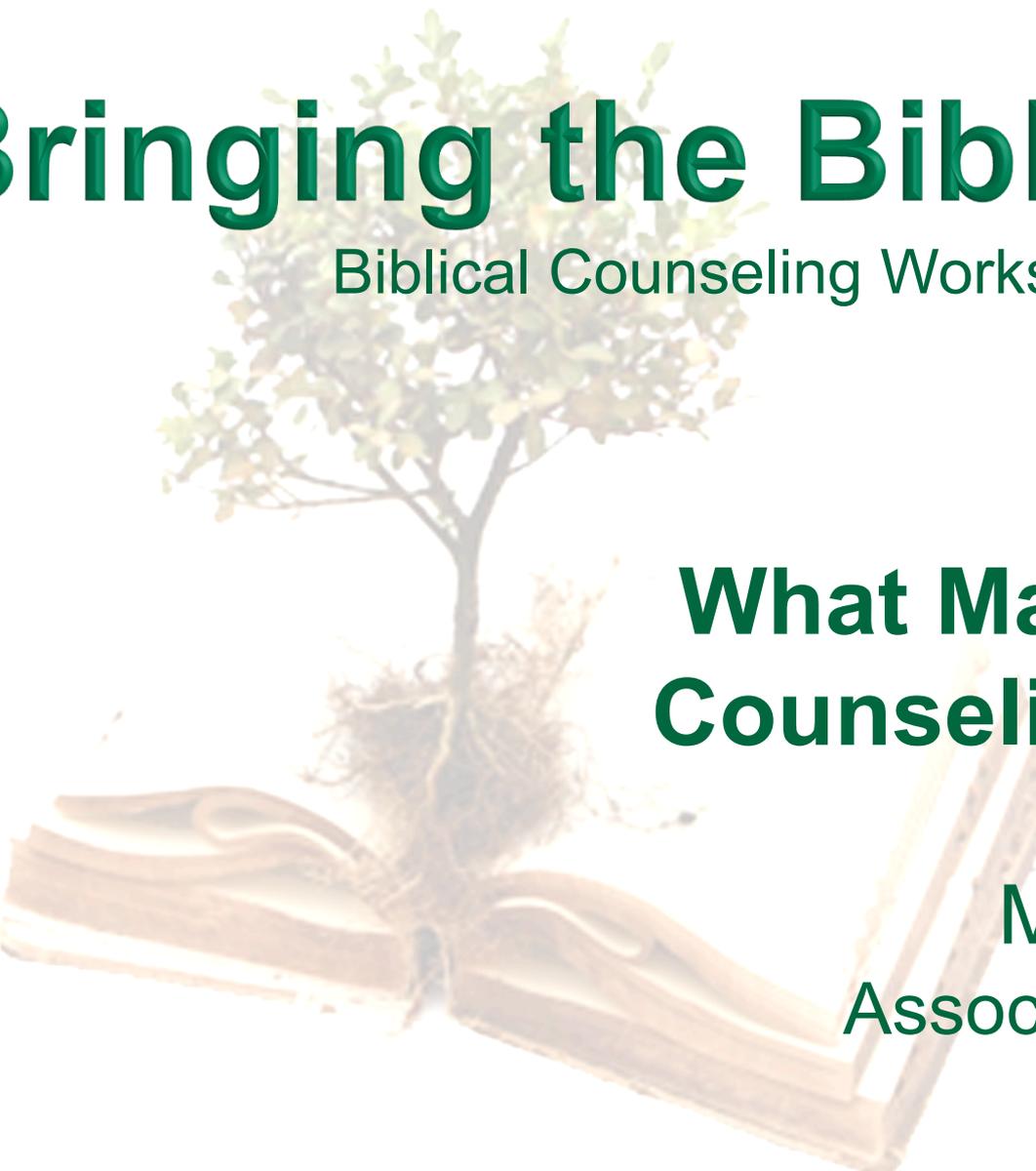


Bringing the Bible to Life

A conceptual image showing a tree with green leaves and a brown trunk, with its roots growing out of an open, aged book. The book is positioned at the bottom of the frame, and the tree's trunk and roots are integrated with the book's pages and spine. The background is a light, warm yellowish-green gradient.

Biblical Counseling Workshops

What Makes Biblical Counseling Biblical?

Track II.3

Mike Chambers
Associate Pastor, BCC

Introduction

Why is this topic needed?

- 1. Because not all counseling that proposes to be biblical truly is.**
- 2. Because all of us need to be growing as biblical counselors.**
- 3. Because all of us need caution in our “cutting and pasting.”**

Why is this topic needed?

- In the early 1900's the Inspiration of the Scriptures were attacked
- Then the inerrancy of Scriptures were attacked
- Then the authority of Scriptures were attacked
- Now the sufficiency of Scriptures are in question... which assumes the Bible is limited in its scope and purpose

Definition of Biblical Counseling

*Biblical Counseling is simply Soul-Care;
it is the practice of training believers
toward greater Christ-likeness
through the careful use of the
Scriptures
for the glory of God.*

What Does Biblical Soul-Care Do?

1. Meets the sufferer in their pain, grief, heartache and trials with compassion
2. Meets the sufferer with wise understanding and offers hope and comfort
3. Offers compassionate burden-bearing through is Gospel-centered & Christ-exalting, focused ministry of the Word of God, enabled by the Holy Spirit and prayer.

What Does Biblical Soul-Care Do?

4. Helps the sufferer change perspectives, thinking and behavior to conform to the image of Christ
5. Biblical soul-care offers intentional, focused discipleship for the glory of God and the benefit of the counselee.

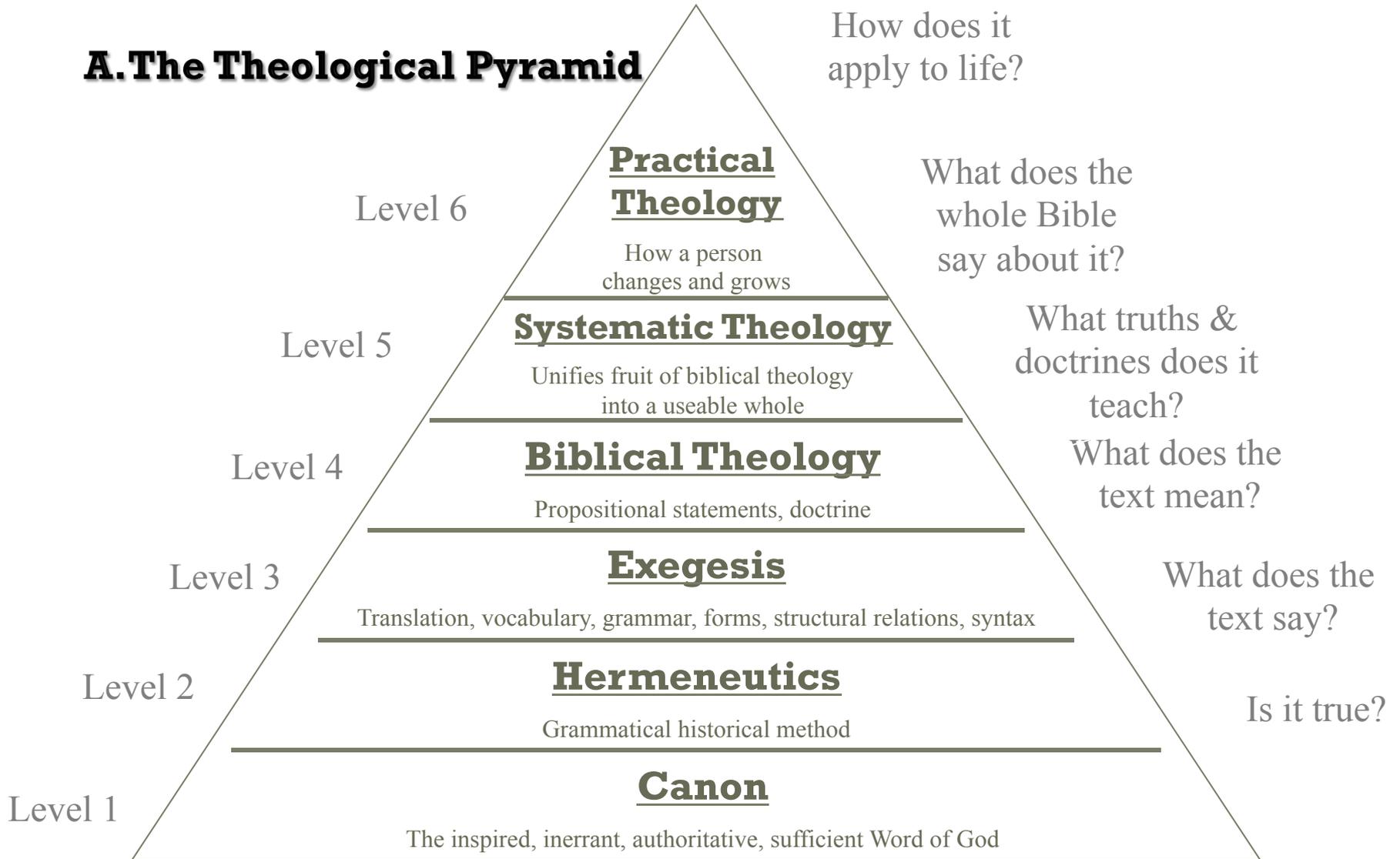
What Makes Biblical Soul-Care Biblical?

- I. When it Recognizes Christ and the Scripture as Foundational.**
- II. When it Recognizes Christ, the Gospel and the Scriptures as Sufficient and superior to man's wisdom for addressing man's non-physical problems.**
- III. When it Recognizes that all believers are called to offer biblical soul-care to others and are therefore to grow in their abilities to minister the Word more effectively**



I. When it Recognizes the Bible as Foundational.

A. The Theological Pyramid



B. Two Important Implications

- 1. Level 6 without levels 1-5 is not *biblical* counseling**
 - a. Biblical counseling is not just a system of counseling with Scripture sprinkled over it.
 - b. Many people who lack solid, theological training and/or do not believe in the sufficiency of Scripture are telling believers how to change and grow.
 - c. Their presuppositions are based on the observations and reasoning of unbelievers, which is unreliable at best.
 - d. Their man-centered presuppositions shape their models and systems of counseling.
 - Jeremiah 17:9 teaches that, as a result of the fall into sin, man's mind/heart was corrupted such that his thinking and reasoning are ultimately unreliable. This is called the noetic effect of sin.

B. Two Important Implications

2. Levels 1-5 without level 6 is incomplete and ineffective.
 - a. Theology is intrinsically practical. In the Bible, theology is never given in a vacuum. It is always given with the goal of application, change, and growth.
 - b. The task of biblical counselors (and believers in general) is to *minister* the Word of God with the goal of heart-change, rather than simply changing behavior.



Hermeneutics & Exegesis

The Significance of Systematic Theology as the Foundation of Biblical Counseling

- 1. Theology Proper – the doctrine of God**
 - a. He is the Creator. Counseling must therefore be theo-centric (God-centered), not anthropocentric (man-centered).
 - b. Since God is holy, we should be holy as well

The Significance of Systematic Theology as the Foundation of Biblical Counseling

6. Soteriology – the doctrine of salvation

- a. God sent Jesus to reconcile sinners to himself (2 Cor. 5:19)
- b. Jesus' perfect life of obedience and substitutionary death provide the basis for a believer's restoration to God
 1. There must be a propitiation for God's wrath (Rom. 3:25)
 2. There must be imputation of righteousness and atonement for sin (Rom. 3:24, 2 Cor. 5:21)
 3. There must be redemption from the bondage of sin (Rom. 3:24)
 4. There must be reconciliation to God (2 Cor. 5:19)

The Significance of Systematic Theology as the Foundation of Biblical Counseling

- 2. Epistemology – the doctrine of knowledge**
 - a. God defines reality and gives categories of reality – Only God sees the whole picture!
 - b. If people want a sound mind, they must see things as God sees them and define them as He does (Prov. 1:7, 9:10).

The Significance of Systematic Theology as the Foundation of Biblical Counseling

3. Bibliology – the doctrine of the Scriptures

- a. The Scriptures have authority. The Bible speaks of every area of life
- b. The Scriptures are relevant for every situation (2 Tim. 3:16-17, 2 Pet. 1:3)
- c. A failure to acknowledge these truths leads to:
 1. A pursuit of comfort rather than obedience
 2. Personal experience becomes the authority rather than God's Word
 3. Contemporary thinking becomes the guide instead of the principles of the Bible

The Significance of Systematic Theology as the Foundation of Biblical Counseling

4. Anthropology – the doctrine of man

- a. Man is God's creation.
 - 1. He is not an animal
 - 2. He is not a victim of his environment
- b. Man is not autonomous. He is dependent on God.
- c. Man is totally depraved.
 - 1. On his own he cannot do good (Rom. 3:10-18).
 - 2. His heart is deceitfully wicked (Jer. 17:9-10).
 - 3. His goal in life is selfishness and only evil continually (Gen. 6:5).
 - 4. Man was created to glorify God, but because of sin, he seeks to glorify himself (Rom. 1:18ff, 3:23)

The Significance of Systematic Theology as the Foundation of Biblical Counseling

5. Hamartiology – the doctrine of sin

- a. All people are sinners, born with a bent toward unrighteousness (Rom. 3)
- b. Sin renders people helpless to change themselves (Eph. 2:1-3)
- c. A sinner is alienated from God, and as a result, he will seek fulfillment from the world's system (1 John 2:15-17). The implications:
 1. Christ will not be seen as the only solution to man's problems.
 2. People will try to provide substitutes that promise fulfillment.
 3. The focus is on dealing with felt needs instead of "real" needs.

The Significance of Systematic Theology as the Foundation of Biblical Counseling

7. Christology – the doctrine of Christ

- a. Christ was the second Adam – He is our example (Rom. 5)
- b. Christ died as a substitute for people
- c. Christ is Lord – Nothing is needed apart from His help. There is no problem He can't solve. Nothing is hopeless!

The Significance of Systematic Theology as the Foundation of Biblical Counseling

- 8. Pneumatology – the doctrine of the Holy Spirit**
 - a. The Holy Spirit is a person.
 - b. The Holy Spirit is needed for a person to truly change (Rom. 8, Gal. 5)
 - c. The person who is trying to help others change also needs the Holy Spirit

The Significance of Systematic Theology as the Foundation of Biblical Counseling

9. Ecclesiology – the doctrine of the church

- a. The church is the body of Christ – Jesus is the head
- b. The body of Christ is the place of worship and sanctification – believers need other believers to grow! (Eph. 4:11-16)
 1. The church exists to provide a context of loving fellowship with one another for the purpose of mutual edification (Eph. 3:16-19, 4:12-16).
 2. The church is a training center whereby people can grow through the application of teaching and the utilization of their spiritual gifts.

The Significance of Systematic Theology as the Foundation of Biblical Counseling

9. Ecclesiology – (continued)

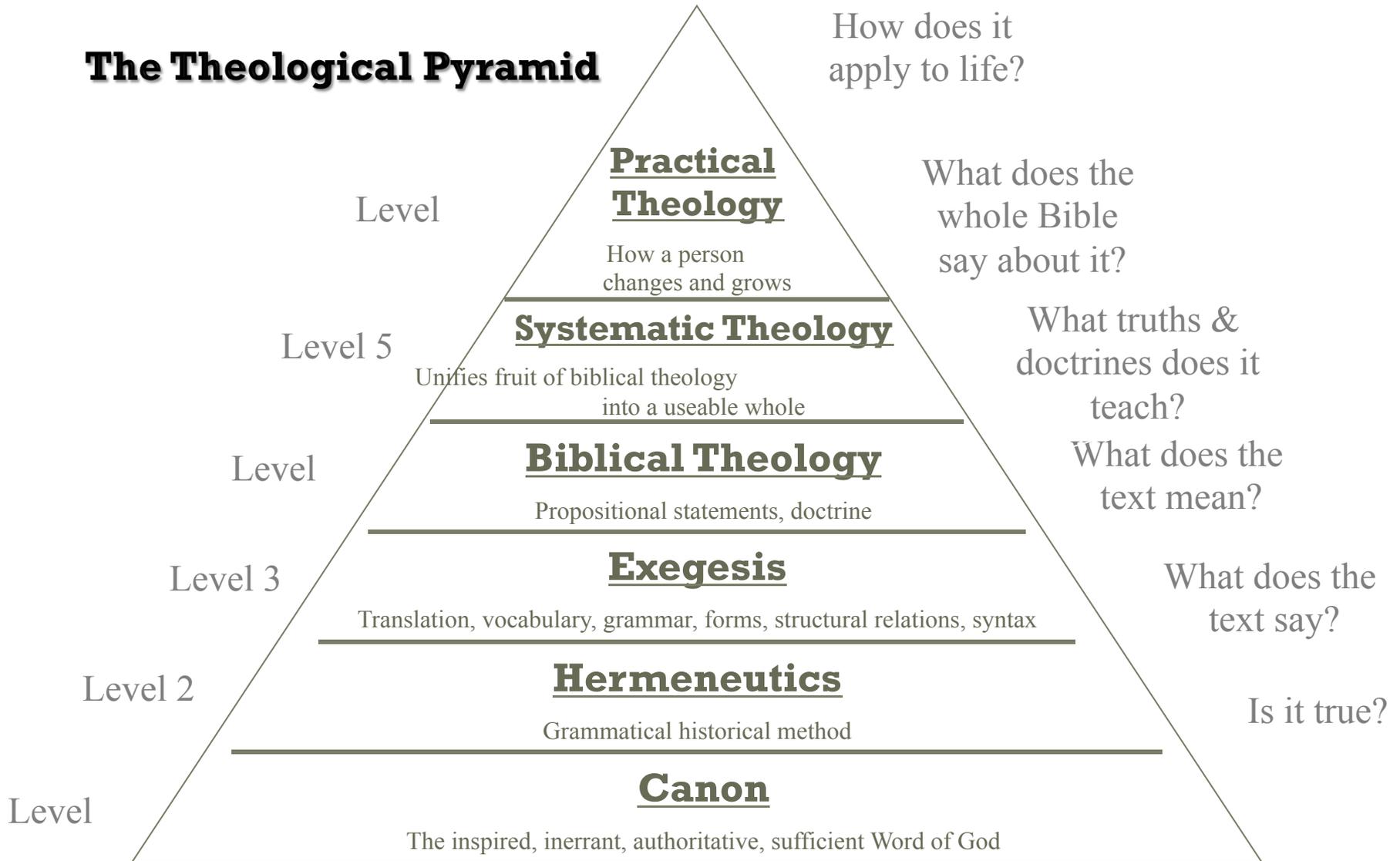
- c. The church has authority – it is the pillar and support of the truth.
- d. The church exists to evangelize the lost (Titus 2:11-14, Matt. 28:19-20).

What Makes Biblical Counseling Biblical?

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The Theological Pyramid



Homework

- Summarize your main take-aways from this session, especially noting any areas that were either unclear to you or that you might disagree.
- Read Chapters 4 from *Counseling Biblically* by John MacArthur.

Next Classes

- Track II.4: *Biblical Discernment*
- Track II.5: *Handling God's Word*
- Track II.6: *Who is God and Why it Matters in Counseling*

Bringing the Bible to Life

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Biblical Counseling Workshops

April 28, 2014

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