



# *Bringing the Bible to Life*

Biblical Counseling Workshops

**Conference Table**

**Track V.7**

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# What is a Conference Table

- A structured tool to implement biblical communication.
- A successful CT begins with the right heart-attitudes and motives.
- A successful CT seeks to implement the 6 dynamics of biblical communication.



# Reasons to Use a CT?

- Sinful habits have become *default-patterns* in times of conflict.
- New default-patterns can be learned through a structured, intentional procedure.





# The Goals of a CT

- **Glorify God** (#1 of the 4 G's of Peacemaking)
  1. Learning to implement biblical dynamics of communication as a new “default-response”.
  2. Disciples become godly problem-solvers.
- **A CT** can develop structured thinking about how the roots of conflict (heart-issues, self-worship, idolatry, desires) produce fruit in daily conversations.



# Defining Principles for a CT - Timing

- Must be mutually acceptable **& agreed upon**
- Most likely to have minimal interruptions or distractions
- Must be a time when both are physically able
  - Allow for illness
  - Allow for sleep-deprivation
  - Allow for life-pressures
  - Allow for hormones
- Location must be neutral
  - Not used frequently for other things
  - Not creating a negative connotation



# Defining Process & Procedure - Participants

- Involve all who are part of the conflict
  - Husband & wife
  - Parent-child
- Protects those not present
- Avoids gossip and/or slander
- Creates security
  - children know they're not gossiped about
  - Children know they're a priority



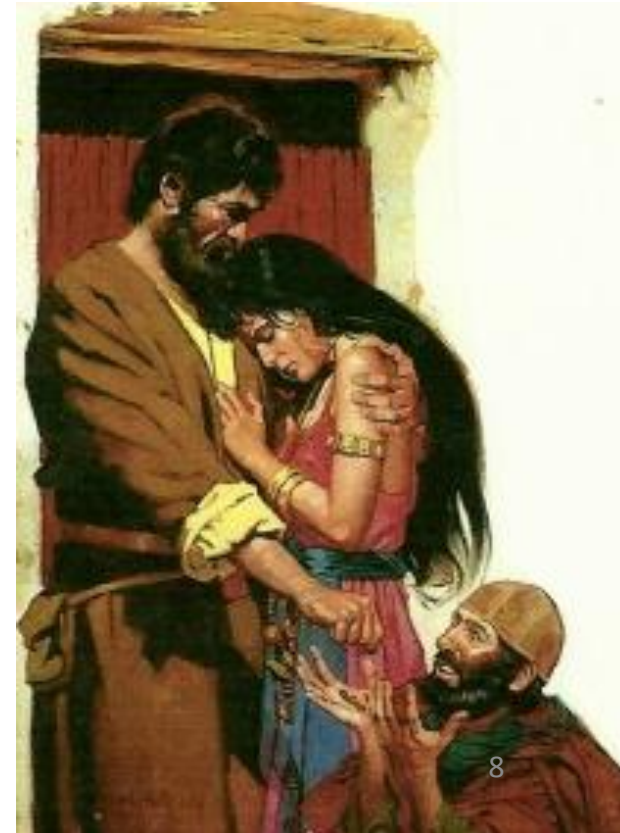
# Defining Process & Procedure - Roles

- Husband – **leader**; “calls” the conference, makes sure it happens at the pre-arranged time
  - (Any party can request emergency CT)
- Wife – **recorder**;
  - date, time (even if/when the husband fails to call meetings)
  - topics discussed (simple summaries)
  - solutions reached, action-steps
  - subjects not solved; agree to disagree
- Both – to “see” things from the other’s perspectives; Accept the other persons statements as **FACTS** to be understood *as true*, NOT debated.



# Defining Process & Procedure - Roles

- **Log-hunters** (Mt. 7:3-5; *Get the Log out*)
- **Teammates** helping each other glorify God by biblical communication
- **Cheerleaders**, encouragers
- **Coaches**, helping...  
*not a condemning judge*
- Not searching for flaws







# Defining Process & Procedure – Rules

- Implement the 6 dynamics of biblical communication
- Must seek to solve problems & pursue unity.
- Address problems only at the conference table.
- *Schedule dates, times and number of sessions each week*
- Limit sessions to 15 – 30 minutes (initially)
- If agreement can't be reached, agree to disagree
- Put off unresolved issues for next scheduled session



# Defining Process & Procedure – Rules

- Do not attack, argue, defend yourself, raise your voice, interrupt or lose your cool.
- Do not clam up or refuse to communicate (unless you need a cooling-off period)
- Do not debate the validity of the other person's judgments, opinions, feelings, etc.



# Defining Process & Procedure - Rules

- If you recognize *an agreed-upon-rule* has been broken by the other person, use agreed-upon signal to identify
- The offender is to
  - Identify the broken rule
  - Ask forgiveness (see conflict-resolution information)
  - Change
  - Resume biblical communication & problem-solving
- The CT-process is discontinued when participants have demonstrated a consistent ability to communicate biblically and solve problems by demonstrating the 6 dynamics of biblical communication.



# Defining Process & Procedure – Preparation

- Read through the entire outline for holding a conference table.
- Pray that God would show you how you've contributed to the present-day conflict
- Make a personal log-list of past sins (see Self-evaluation Lists for ideas); **Do a Bible study on pride**
- Repent to God, pray for His forgiveness
- Meditate on how you will apply the principles of conflict resolution as you confess your sins to your spouse in the first CT. (refer to the BtBtL pamphlet, Power Points or Peacemakers booklets)



# Defining Process & Procedure – Initial Agenda, Part One

(2<sup>nd</sup> G of Peacemaking - **Get** the log out)

- Husband should read his list to his wife & ask her forgiveness
- Wife should read her list to her husband & ask his forgiveness
- Each person should take their turns at this before addressing any problems regarding the other person.
- Assignment for each - Make a list of what you believe are the top 3 areas of conflict in your relationship. (Do Conflict Identification worksheet)



# Defining Process & Procedure – Initial Agenda, Part 2

(3<sup>rd</sup> G of Peacemaking – Gently Restore)

- Should love cover? *Above all, keep loving one another earnestly, since love covers a multitude of sins.* (1 Pet. 4:8)
- Make a list of what you believe are failures in the other person
- Give biblical reasons why you believe the issues are important
- Give examples as to how these failures effect your relationship



# Defining Process & Procedure – General Agenda

(4<sup>th</sup> G of Peacemaking – **Go** - reconciliation)

- Begin with the end in mind
- Open with prayer; ask for help to fulfill goal of biblical communication and solve your problems.
- Begin reviewing 6 dynamics; keep them visible to each party.
- Begin with your “logs” first
- Then address today’s problems
- Then address previous problems as assigned by your counselor.
- Alternate turns addressing matters to be discussed



# **Celebrate victories, growth, success**





# Homework

- Summarize this session

# Next Classes

- V.8 *Biblical Sexuality, 2/27*
- V.9 *Guilt & Repentance in Personal Relationships Part 1, 3/5*
- V.10 *Guilt & Repentance in Personal Relationships Part 2, 3/12*



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