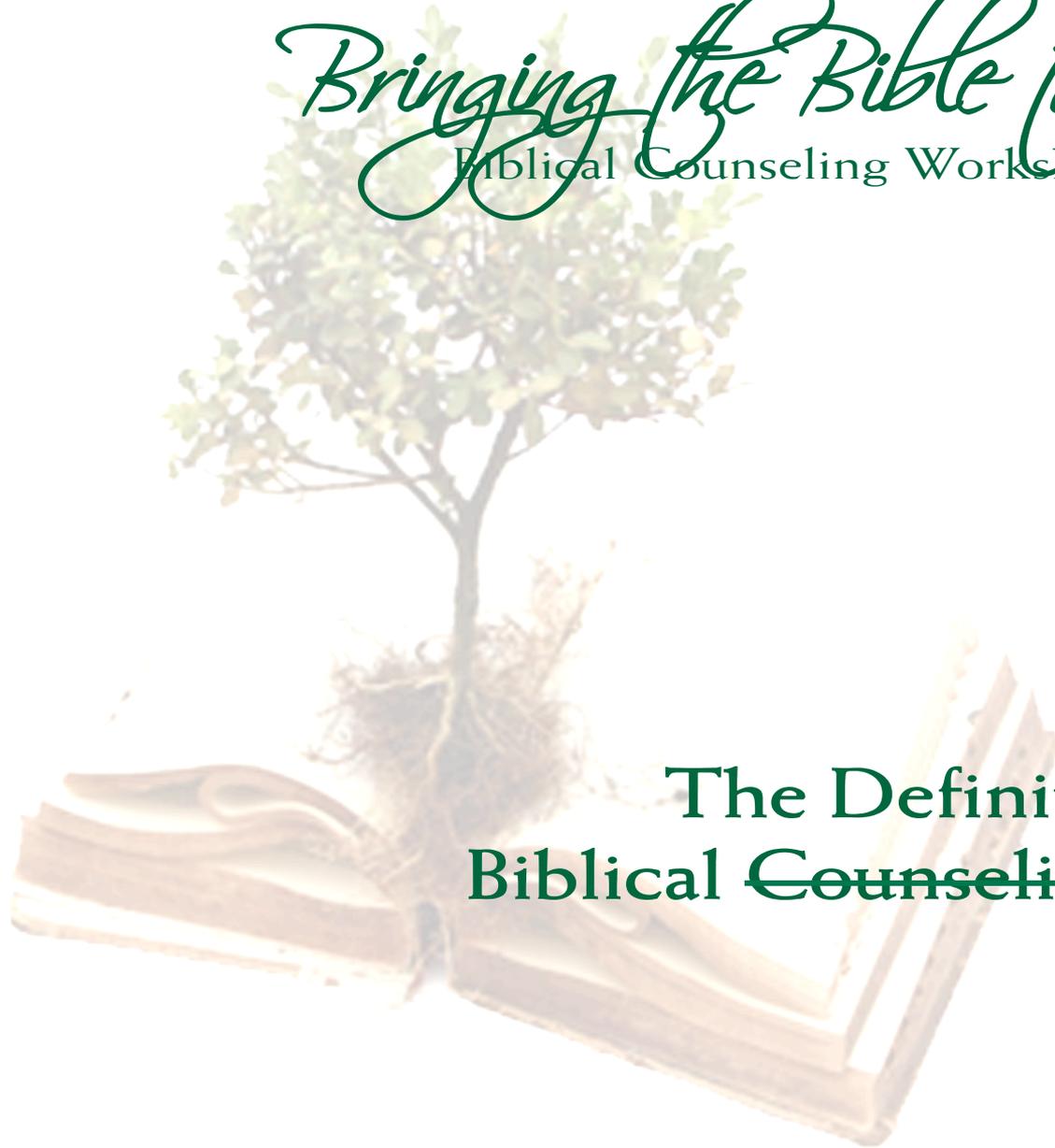


Bringing the Bible to Life

Biblical Counseling Workshops



**The Definition & Goal of
Biblical Counseling Soul-Care?**

Track II.1

Kent Kloter

Introduction

- The word “counsel” or “counseling” suggests a variety of definitions
- Counsel used to refer to attorney’s role and advice
- If you Google “Counseling” and you find counseling defined as “the provision of assistance and guidance in resolving personal, social, or psychological problems and difficulties, esp. by a professional.”

Redefining counseling

- Practically speaking, counseling is best understood by Webster's 1828 Dictionary definition
- 1. Advice; opinion, or instruction, given upon request or otherwise, for directing the judgment or conduct of another; opinion given upon deliberation or consultation.

Every purpose is established by counsel. (Pr. 20 KJV)

Thou hast not hearkened to my counsel. (2 Chr. 25)

Redefining counseling

Webster's continued

2. Consultation; interchange of opinions.

(Webster's biblical example) We took sweet counsel together. (Psalm 55 KJV)

Everyone is a Counselor

- Every time you speak, text, Tweet, etc., you give counsel.
- Your body-language, even your silence offers counsel.
- Every time you think, you counsel yourself
- No one can say, “I’m not a counselor”
- The goal of every believer - become a good, biblical counselor, wisely speaking the truth in love

Defining “Biblical”

- If counseling means to speak into someone’s life (including your own life thru thoughts in introspection), then biblical counseling is simply to wisely speak words that would reflect the wisdom, truth, hope, comfort and encouragement that is rooted in the Word of God.
- That is, to speak the way Christ spoke

Speaking Biblical Truth

- No longer do I [Jesus] call you servants, for the servant does not know what his master is doing; but I have called you friends, for all that I have heard from my Father I have made known to you. (John 15:15 ESV)
- “You yourselves know...how I [Paul] did not shrink from declaring to you anything that was profitable, and teaching you in public and from house to house,” (Acts 20:18-20 ESV)

What is Biblical Truth?

- ¹⁷Sanctify them in the truth; your word is truth.
(Jn. 17:17 ESV)
- ⁷The law of the LORD is perfect, reviving the soul; the testimony of the LORD is sure, making wise the simple; ⁸the precepts of the LORD are right, rejoicing the heart; the commandment of the LORD is pure, enlightening the eyes; (Ps. 19:7-8 ESV)
- ⁶The words of the Lord are pure words, like silver refined in a furnace on the ground, purified seven times. (Psalm 12:6 ESV)

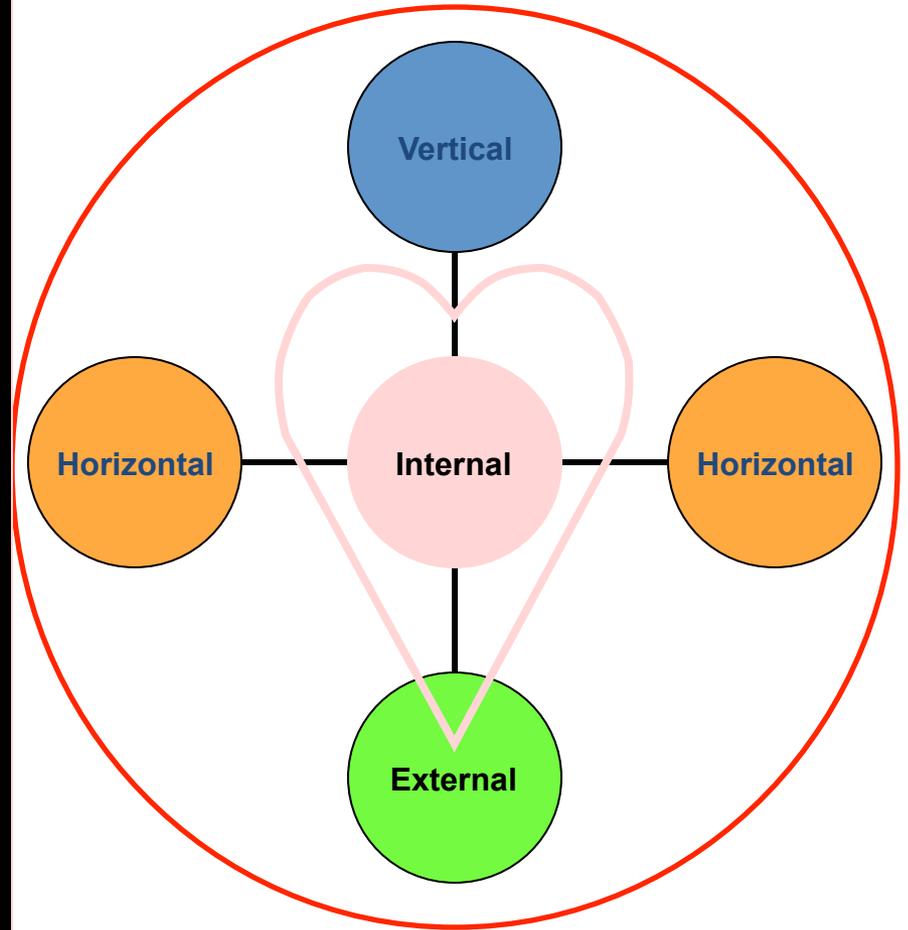
The Sufficiency of Scripture

- ³His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence, (2 Peter 1:3 ESV)
- ¹⁶All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, ¹⁷that the man of God may be competent, equipped for every good work. (2 Tim.3:16-17 ESV)

The Breath of Scripture

all 4 dimensions of life

- Spiritual
- Emotional
- Intellectual
- Volitional/Responsible
- Desires of the Heart
- **Relational/Horizontal**
- Physical issues
- Environmental issues



The Breadth of Scripture

- Teaches how to respond to personal conflicts
- Teaches financial stewardship and how to respond to financial pressures
- Teaches how to respond to physical illness
- Teaches how to respond to parent
- Teaches how to respond to loneliness, anxiety, and depression, fear, anger, grief.
- Addresses all the issues of life in the context of Creation-Fall-Redemption-Glorification

The Depth of Scripture

- The Word of God is alive, comprehensive and robust, much more than “take two Bible verses and call me in the morning”.
- ¹² For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart. (Heb. 4:12 ESV)

The Depth of Scripture

- ¹What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you? ²You desire and do not have, so you murder. You covet and cannot obtain, so you fight and quarrel. You do not have, because you do not ask. ³You ask and do not receive, because you ask wrongly, to spend it on your passions. (James 4:1-4 ESV)

The Believer's Responsibility

- ¹⁵Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, ¹⁶from 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. (Ephesians 4:15-16 ESV)
- These are the things that you shall do: Speak the truth to one another; render in your gates judgments that are true and make for peace; (Zechariah 8:16 ESV)

You must know truth to speak truth

- ⁷If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you. ⁸By this my Father is glorified, that you bear much fruit and so prove to be my disciples. (Jn. 15:7-8 ESV)
- For I have not spoken on my own authority, but the Father who sent me has himself given me a commandment—what to say and what to speak.
(Jn. 12:49 ESV)
- It is the Spirit who gives life; the flesh is no help at all. The words that I have spoken to you are spirit and life.
(Jn. 6:63 ESV)

All Believers are to be biblical counselors

- Some (like pastors and the gifted) are uniquely equipped by God to help with certain problems. However, the Body of Christ is called and enabled to meet the counseling needs of the church.
- **Believers who are 'spiritual'** (Gal. 6:1-2) should be able to address a majority of the soul-care needs of the local church.
- Biblical counseling truths are strictly public domain, available to all

Believers, (by definition) are to be biblical counselors

- Believers must be committed to becoming good theologians and good, biblical counselors, i.e. effective soul-care givers.
- If you were to examine your conversations with family and friends in the last week, would your “counsel” be biblical? Have you spoken words of life and truth? Or have you given your opinions?

Your words reveal your heart

- ³⁴...For out of the abundance of the heart the mouth speaks. ³⁵The good person out of his good treasure brings forth good, and the evil person out of his evil treasure brings forth evil. (Matt. 12:34-35 ESV)
- They show that the work of the law is written on their hearts, while their conscience also bears witness, and their conflicting thoughts accuse or even excuse them (Romans 2:15 ESV)

Your words reveal your theology

- ²⁵Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. . . .²⁹Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. (Ephesians 4:25, 29 ESV)
- ²¹Death and life are in the power of the tongue, and those who love it will eat its fruits. (Prov. 18:21 ESV)

Redefining Biblical Counseling as Biblical Soul-Care

- Biblical soul-care is the practice of training believers toward greater Christ-likeness through the intentional ministry of the Scriptures for the glory of God.
- Biblical soul-care is Gospel-centered & Christ-exalting, compassionate burden-bearing through the focused ministry of the Word of God, enabled by the Holy Spirit and prayer.
- Biblical soul-care is intentional discipleship.

Key Elements of Biblical Soul-Care

- **God-centered** (1 Cor. 10:31; Acts 17:28):
- **Christ-exalting** (John 16:14; 17:5):
- **Cross-cherishing** (Galatians 6:14):
- **Spirit-dependent** (Rom. 8:6, 14; 1 Peter 4:11; Gal. 3:5; 5:22-23)
- **Bible-saturated** (Matthew 4:4; Romans 15:4; Hebrews 4:12)
- **Prayer-dependent** Mt. 7:7; 1 Jn. 5:14; Ps. 37:4)

Key Elements of Biblical Soul-Care

- **Living before the face of God** (Acts 17:28):
- In **Him** the addict comes to know the Pardoner and Liberator who breaks the power of sin.
- The hurting learns the tender care of the Good Shepherd.
- The despondent finds encouragement in **Jesus**, who has left us with His **Spirit** and is coming again.

Key Elements of Biblical Soul-Care

- The heart of biblical ~~counseling~~ soul-care is not a series of principles or “put-offs and put-ons”; the heart (of soul-care) is learning that all of life stems from our understanding and worship of our triune God who has revealed Himself fully in Jesus Christ.

In a very real sense, all of life's problems are “religious” or “spiritual”

Who is the triune God?
Who am I before God?
How am I to live before God?

Ed Welch on biblical ~~counseling~~ Soul-Care

My present perspective is that biblical counseling is a hybrid of discipleship and biblical friendship,...It began with God speaking to His people; it was further established by kings, prophets, priests, and apostles as they applied God's words to particular situations. It has been practiced by wise pastors, friends, brothers, sisters, fathers, and mothers throughout history, and it continues today with men and women who, having studied what God says in His Word, both receive biblical counsel and offer it to others. - Ed Welch

Stuart Scott on biblical ~~counseling~~ Soul-Care

Biblical counseling ministers the Word of God
with love and *compassion*

by the power of the Spirit of God

proclaiming the Gospel of Jesus Christ and

preparing people through heart-change

to grow into image of Christ, in the context of a

local church for

the glory of God.

Portrait of biblical Soul-Care

Loving others biblically



Goals of Biblical Soul-Care

- Understand the Person biblically
- Understand the Problems biblically
- Understand the Patterns of problems, thoughts & behaviors biblically
- Understand the their Perspectives (world-view) about...
 - himself
 - his problems
 - God
 - The solutions to his problems
- Discern the Motives/idols; define their purposes

Goals of Biblical Soul-Care

- Nurture God-honoring, growth thru lasting heart-change.
- Create a life-plan that is hope-filled, spiritually & emotionally relevant.
- Encourage and equip individuals to respond to their trials and suffering by changing and growing to become more like Jesus Christ.
- Bring unbelievers to faith and repentance thru gentle, compassionate sharing the practical answers of the Gospel for life's problems

Goals of Biblical Soul-Care

Pointing to God's Provisions

- **Hope** (Rom. 15:4,13; 1 Tim. 1:1)
- **Comfort** - God's love and promises and purposes (2 Cor. 1:3-11 ;2 Cor. 1:20; James 5:11)
- **Worship**
 - Thru praise, thanksgiving, prayer serving others. (Phil. 4:4-9,13,19; Eph. 5:20)
 - “Then Job arose and tore his robe and shaved his head and fell on the ground and worshiped. (Job 1:20)
 - Behold, we consider those blessed who remained steadfast. You have heard of the steadfastness of Job, and you have seen the purpose of the Lord, how the Lord is compassionate and merciful. (James 5:11 ESV)

Goals of Biblical Soul-Care

Cultivating a Heart of Worship

- Changing **Perspective**
- Embracing God' s **Purposes**
- **Learning lessons** from the trial
- **Responding** in ways that **please & glorify God**

(Rom. 8:29; Col.1:28; Ja.1:2-4; 1 Pet.4:12)

For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn among many brothers. (Romans 8:29 ESV)

Goals of Biblical Soul-Care

Responding to trials to please & glorify God

Beloved, do not be surprised at the fiery trial when it comes upon you to test you, as though something strange were happening to you. But rejoice insofar as you share Christ's sufferings, that you may also rejoice and be glad when his glory is revealed. If you are insulted for the name of Christ, you are blessed, because the Spirit of glory and of God rests upon you. But let none of you suffer as a murderer or a thief or an evildoer or as a meddler. Yet if anyone suffers as a Christian, let him not be ashamed, but let him glorify God in that name. (1 Peter 4:12-16 ESV)



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 the article “*How Biblical Counseling Helps Churches Fulfill the Great Commission*” by Rob Green. Answer the following questions; Do you agree with the author’s main points, if so, why? Do you disagree with author’s main points, if so, why? (article is on bethanycommunitychurch.org website under Track I documents)



Going Deeper

- Speaking Redemptively, by Paul Tripp, Journal of Biblical Counseling, Vol.16 #3 Spring 1998
- Counsel from the Cross, Elyse Fitzpatrick (book)
- Speaking Truth in Love, by David Powlison (book)
- Instruments in the Redeemer's Hands, by Paul Tripp (book)
- How People Change, by Lane/Tripp (book)
- Crosstalk, by Michael R. Emlet (book)
- What to Do on Thursday, by Jay Adams (book)

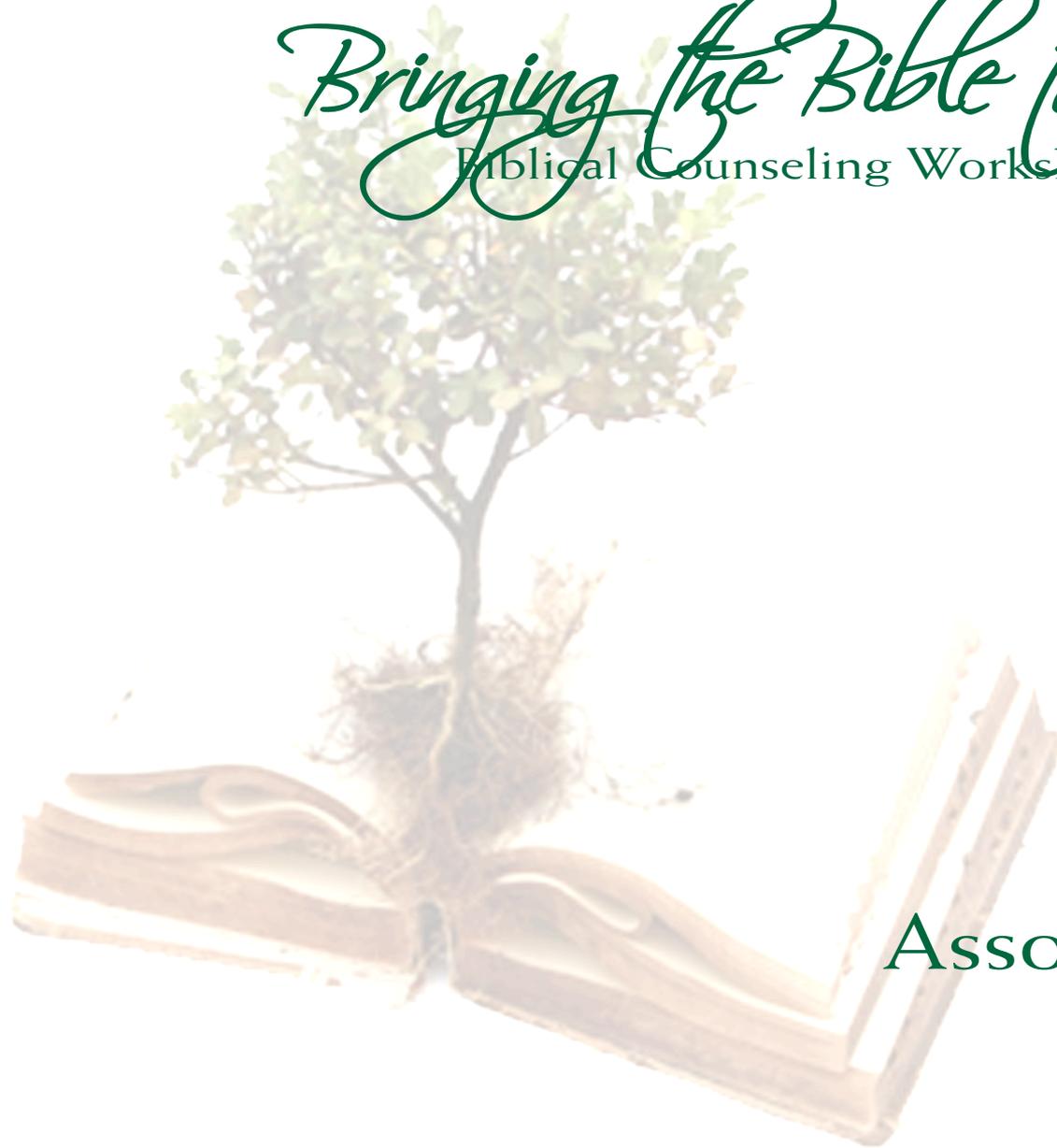


Next Classes

- **II.2** *The Need for Biblical Counseling*
- **II.3** *What Makes Biblical Counseling Biblical*
- **II.4** *Biblical Discernment*
- **II.5** *Handling God's Word*
- **II.6** *Who is God and Why it Matters*
- **II.7** *The Role of the Church*
- **II.8** *Qualifications of a Biblical Counselor*
-

Bringing the Bible to Life

Biblical Counseling Workshops



Kent Kloter
Associate Pastor

Definition of Biblical Counseling

- 1) Discerning thinking and behavior that God wants to change.
- 2) Using God's Word to change thinking and behavior.
- 3) For the benefit of the counselee and for the glory of God.

Acts 20:31

³¹ Therefore be alert, remembering that for three years I did not cease night or day to admonish everyone with tears.

	Biblical or "Nouthetic" Counseling Nouthesia (as) (e), Noutheteo		
	<u>KJV</u>	<u>NASB</u>	<u>NIV</u>
Acts 20:31	Warn	Admonish	Warn
Rom 15:14	Admonish	Admonish	Instruct
1 Cor 4:14	Warn	Admonish	Warn
Col 1:28	Warning	Admonishing	Admonishing
Col 3:16	Admonish	Admonish	Admonish
1 Thes 5:12	Admonish	Instruct	Admonish
1 Thes 5:14	Warn	Admonish	Warn
2 Thes 3:15	Admonish	Admonish	Warn

The term "Nouthetic" Counseling comes from the Greek verb "noutheteo" (or the noun "nouthesis") and means "to admonish, to warn, to teach or to counsel." The word is found in numerous passages of Scripture and describes the manner in which we are to counsel and help other Christians. Biblical (nouthetic) Counseling seeks to change the heart, not just alter behavior (Mk. 7:21-23; Prov. 4:23). ³⁶

Goals of the Biblical Counselor

Pointing to God's Provisions

- **Hope** (Rom. 15:4,13; 1 Tim. 1:1)
- For whatever was written in former days was written for our instruction, that through endurance and through the encouragement of the Scriptures we might have hope. (Rom. 15:4 ESV)
- May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope. (Rom. 15:13 ESV)



Counselors need other people

Prov. 27:17

¹⁷ Iron sharpens iron, and one man sharpens another.

Hebrews 3:13

¹³ But exhort one another every day, as long as it is called “today,” that none of you may be hardened by the deceitfulness of sin.

The designated counselor needs counseling as much as the beneficiary of that counseling. We all need sharpening.

Goals of the Biblical Counselor

Pointing to God's Provisions

- **Hope** (Rom. 15:4,13; 1 Tim. 1:1)
- Paul, an apostle of Christ Jesus by command of God our Savior and of Christ Jesus our hope, (1 Timothy 1:1 ESV)

Goals of the Biblical Counselor

Pointing to God's Provisions

- **Hope** (Rom. 15:4,13; 1 Tim. 1:1)
- **Comfort** - God's love and promises and purposes (2 Cor. 1:3-11; 2 Cor. 1:20)
- For all the promises of God find their Yes in him. That is why it is through him that we utter our Amen to God for his glory. (2 Corinthians 1:20 ESV)

Goals of the Biblical Counselor

Pointing to God's Provisions - **Worshipping**

- Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me—practice these things, and **the God of peace will be with you.** (Philippians 4:4-9 ESV)