

# The Need for Biblical Counseling

**THE GOSPEL  
INSTITUTE**

09/19/2016

# Review-Definition & Goal of Biblical Counseling

DEFINITION - Gospel-centered, Christ-exalting, Compassionate burden-bearing, thru the sufficient & authoritative Word of God, within the authority & structure of the local church, empowered by the Holy Spirit & prayer.

GOAL - Lovingly nurture people to fulfill their life's purpose...

Worship, Glorify, and please God as they grow to be more like Christ.

Any counsel that does not pursue this goal is not loving because it has no eternal good. Everyone needs biblical counsel.

## The Big Idea

1. Man was created, in the Garden, before the Fall, with an inherent need for Special Revelation, i.e. counsel from God.
2. The perfect couple, in a perfect world, were unable to discern from General Revelation.
3. Man could only learn how to live in his 4 dimensions thru counsel from God.
4. Therefore, man's need for counsel from God is infinitely greater in a fallen world.

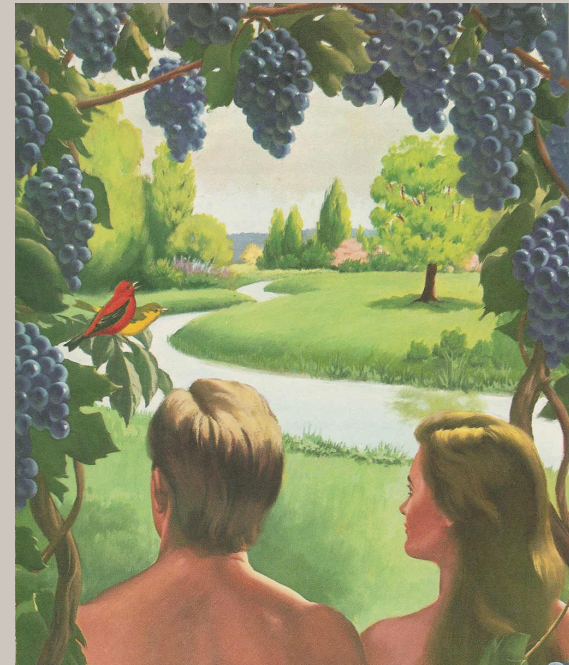
# The Nature of Man in the Beginning

then the LORD God formed the man of dust from the ground [physical] and breathed into his nostrils the breath of life [spiritual], and the man became a living creature.  
(Gen. 2:7)

1. Man was created as a complex, psycho-somatic being.
2. In a perfect world, God provided for man's physical needs through the Garden and man's spiritual needs through His spoken Word.
3. God does not acknowledge a 3<sup>rd</sup>, [psychological] element of man.

# Man was Created to be Reliant, Not Autonomous!

1. Intelligent, but incomplete; never intended to understand himself or his world apart from Special Revelation.
2. The perfect couple, in a perfect world, were unable to discern (from General Revelation) their
  - a. Purpose
  - b. Identity
  - c. Needs
3. Man was created with an inherent need for Special Revelation, i.e. counsel from God, before sin.



# Only God's Word Reveals Our Identity

Reflector	(mirror-image of God)
Relational	(w/God, self, Eve, Creation)
Receiver	(needed God's Word)
Reasoning	(logical, rational, considering)
Responder	(worshiper, worker/servant)
Righteous	(pure)
Reliant	( <u>NOT AUTONOMOUS</u> )
Ruler	(Dominion-haver)
CREATED PHYSICAL/SPIRITUAL	

***“We all derive identity from the world around us.”***

# Only God's Word Reveals Our Purposes

1. Mirror God's image (individually). (Gen. 1:26)
2. Be fruitful and multiply. (Gen. 1:28)
3. Manage or "subdue the Earth". (Gen. 1:28)
4. Work the Garden. (Gen. 2:15)
5. Guard [keep] the garden. (Gen. 2:15)
6. Mirror God's Image (as a couple). (Gen. 2:23)

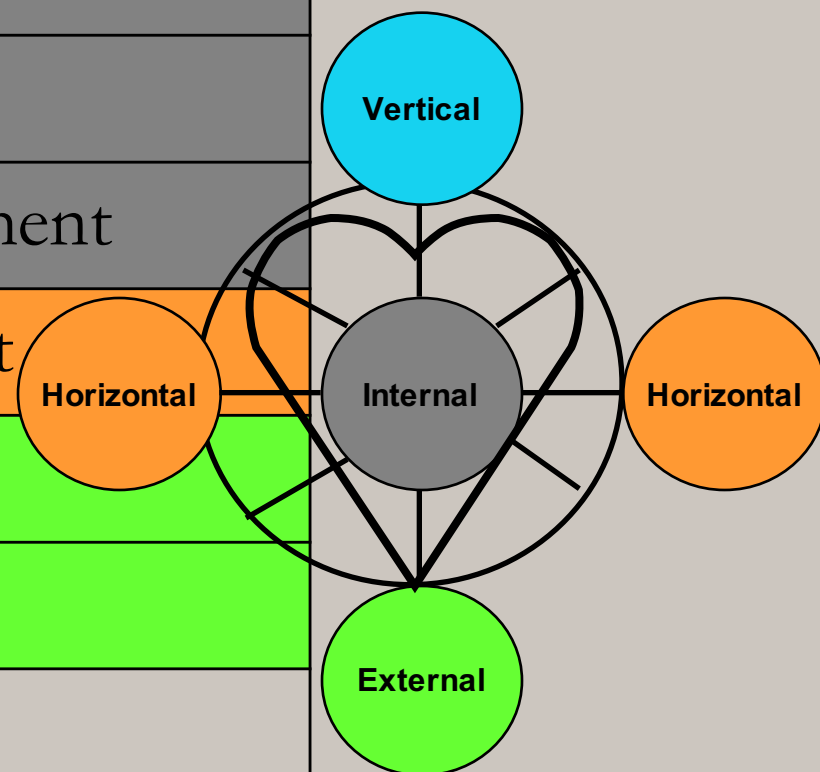
## Only God's Word Reveals Our True Needs

1. Adam needed to obey God.
2. Adam need to live in fellowship with God. (Gen. 2:15)
3. Adam needed to live in the Garden. (Gen. 2:15)
4. Adam needed to guard the Garden. (Gen. 2:15)
5. Adam needed to eat of all the *abundance*. (Gen. 2:16-17)
6. Adam needed to refrain from ***one tree***. (Gen. 2:17)
7. Adam needed to learn his incompleteness. (Gen. 2:18)
8. Adam needed to take dominion. (Gen. 1:26)
9. Adam needed to leave and cleave. (Gen. 2:24)
10. Adam needed to be fruitful and multiply. (Gen. 1:28)



# Perfect Man, Relating in 4 Dimensions

Purity – no sin, intimacy w/ God	
Peace-of heart/mind/soul, conscience	
Pleasure-comfort-no pain/grief	
Plans-always met-no disappointment	
Personal relationships-no conflict	
Provision-all needs met-no wants	
Protection-perfect safety, justice	
<b>Two Realms</b>	
<b>Physical</b>	<b>Spiritual</b>



# Listening to Another “Counselor”

Did God  
*actually* say?

God’s Word must  
not be enough to  
help me...

I must need more  
than what God has  
already revealed.



Did He tell  
us enough?

Did He withhold  
something we  
need to know?

## Results of Listening to Another “Counselor”

“Cursed is the man who trusts in man and makes flesh his strength, whose heart turns away from the Lord.

<sup>6</sup>He is like a shrub in the desert, and shall not see any good come. He shall dwell in the parched places of the wilderness, in an uninhabited salt land. ... (Jer. 17:5-6)

All the problems of our world are a direct result of the original sin of rebellion.



## Results of Rebellion - Marred Identity

Purity – no sin, intimacy w/God	Guilt, shame, fear, condemnation
Peace-of heart/mind/soul, conscience	Fear, confusion, regret
Pleasure-comfort-no pain/grief	Pain, suffering
Plans-always met-no disappointment	Failure, disappointment
Personal relationships-no conflict	Isolation, rejection
Provision-all needs met-no wants	Loss, hardship, pain
Protection-perfect safety, justice	Harm, injury, shame, vulnerable

## Results of Rebellion – Marred Identity

Reflector	Disfigured
Relational	Dissenter
Receiver	Disconnected
Reasoning	Deceived (noetic)
Responder	Defector
Righteous	Depraved
Reliant	Destitute
Ruler	Dominated

# Results of Rebellion – Infinite Needs

## IN THE GARDEN

1. Needed God
2. Needed God's Word
3. Needed a helper

## AFTER THE FALL

1. Needs Rescue from sin
2. Needs Restoration and Forgiveness
3. Needs Righteousness
4. Needs Rescue from corrupted reasoning  
(noetic effect)

## Results of Rebellion - Corrupted Hearts

"The heart is deceitful above all things and desperately sick; [Exceedingly perverse and corrupt and severely, mortally sick! AMP.] Who can understand it? ... "I, the LORD, search the heart, I test the mind, (Jer. 17:9-10a)

If human wisdom, experience or opinion is our authoritative source for answers to our problems, we are destined for disappointment and emptiness.

## Results of Rebellion - Foolishness

For the wisdom of this world is folly with God. For it is written, “He catches the wise in their craftiness,” and again, “The Lord knows the thoughts of the wise, that they are futile.” (1 Cor. 3:19-20)

The essence of rebellion is to think that we need to discover something from General Revelation that God omitted from Special Revelation in order to live rightly in the 4 dimensions of human existence (vertical, internal, horizontal & external).



# Human Wisdom is Foolishness

“Man considering himself is the great prodigy of nature. For he cannot conceive what his body is, even less what his spirit is, and least of all how body can be united in spirit. That is the peak of his difficulty and yet it is his very being.” Blaise Pascal

“When I first started doing pastoral work (at age 24) I knew exactly diddly-squat about counseling and caring for people. People would come in to my office, share their struggles and issues, and I would sit across from them with my best “pastor face” on while simultaneously feeling totally helpless, inept, and unqualified. I often silently wondered to myself, ‘How can I ever help this person? I have no idea what to say or do!’” (thinktheology.org)

## God's Wisdom is Reliable

Forever, O Lord, your word  
is firmly fixed in the heavens. (Ps. 119:89)

The sum of your word is truth, and every one of your  
righteous rules endures forever. (Ps. 119:160)

## God's Wisdom is Comprehensive

<sup>92</sup>If your law had not been my delight, I would have perished in my affliction. <sup>93</sup> I will never forget your precepts, for by them you have given me life.

<sup>96</sup>I have seen a limit to all perfection, but your commandment is exceedingly broad. (Psalm 119:92-96)

# God's Wisdom is Relevant

Man needed God's Word BEFORE Sin. How much more do we Need His Word Now, to help us to discern our **Identity, Purpose, Needs** to help us address all of our non-physical problems.

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)

# God's Wisdom Addresses All We Need

1. The Bible doesn't separate out a 3<sup>rd</sup>, psychological category of human problems.
2. Today's issues are either physical, spiritual or a complex, combination of both physical and spiritual origins.
3. There are at least 50 serious problems described in Gen. 3-4 that are defined today as psychological problems, yet God does not acknowledge a 3<sup>rd</sup>, [psychological] element of man. As serious as these problems are, God would be unloving and uncaring if we needed more than His Gospel to address them.

# God's Wisdom Addresses All We Need (continued)

...for all that I have heard from my Father I have made known to you. (Jn. 15:15)

I did not shrink from declaring to you anything that was profitable, and teaching you in public and from house to house, (Acts 20:20)