



# LEADERSHIP SKILLS FOR SMALL GROUP LEADERS

## BIBLICAL COUNSELING

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NAME

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CONTACT INFO:

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**LEADERSHIP SKILLS FOR SMALL GROUP  
LEADERS: BIBLICAL COUNSELING**

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# BIBLICAL COUNSELING

In this session, participants will learn a practical approach to counseling that they can apply in developing leaders in their Dgroups and D12.

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# EXPLORE

(10 minutes)

*Instructions:* In groups of 3-4, take turns in your group in sharing your answers to the following getting-to-know you questions. Allow all group members to answer one item first before going on to the next question. Allot around 1 minute per person to answer each of the following:

1. Give your nickname and share how you got it. (i.e. who gave it to you, why, etc.)
2. What has God been teaching you lately?

## LEARNING NUGGET

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Understanding another person involves knowing the basic facts about him or her as well as taking time to listen carefully to what he/she shares with you. In counseling, you get to know a counselee as best as you can so that you can understand where he or she is coming from so that you can point your counselee in the right direction. You will learn more about the what, why and how of basic Biblical counseling in this session.

## I. WHAT IS BIBLICAL COUNSELING?

### A. The Goal of Biblical Counseling

To correct \_\_\_\_\_, restore a \_\_\_\_\_ with God, with others, and with self, and encourage to \_\_\_\_\_ for Christ-likeness and character for the glory of God.

### B. It is based on \_\_\_\_\_

1. **The Bible is the inspired, inerrant Word of God, the final authority regarding faith and practice. It teaches us how to live a life that is pleasing to God.**

*2 Timothy 3:16*

2. **The Bible is powerful – it convicts us of sin.**

*Hebrews 4:2*

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**3. The Bible is the Truth that sets us free from wrong thinking and the lies of Satan.**

*John 8:31–32*

**C. It is based on God's \_\_\_\_\_ and \_\_\_\_\_**

1. His Sovereignty - Nothing is impossible with God. No problem is too difficult for Him.

*Isaiah 40:28*

2. His power to change people.

*Philippians 1:6*

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a. \_\_\_\_\_ is the Wonderful Counselor.

*Isaiah 9:6*

b. The \_\_\_\_\_ is the counselor who brings conviction of sin and gives the power to change.

*John 16:8*

3. His \_\_\_\_\_ love.

*Romans 5:8*

**D. It deals with man's basic problem which is \_\_\_\_\_.**

*Romans 3:23*

Biblical counseling is not just to help a person feel better, but more importantly, to become better.

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**E. It holds man responsible for his \_\_\_\_\_. God does not excuse man's behavior.**

1. A person's past or experience with other people may bring a negative impact on his life, but it cannot be used as an excuse for his behavior.

*2 Corinthians 5:10*

2. It deals with repentance and forgiveness which is one of man's most important needs - to forgive and be forgiven.

*Ephesians 4:32*

**F. It seeks to help a person to think consistently with the truth of God's Word.**

What a person \_\_\_\_\_ impacts his actions and emotions.

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A person's emotions are not an entity in themselves; rather they are connected to his thinking and behavior.

1. We are to bring \_\_\_\_\_ captive to the Scriptures.

*2 Corinthians 10:5*

Why? We are in a spiritual battle!

*Ephesians 6:12*

2. When a person changes his thinking and behavior, his emotions will also change.

*Proverbs 23:7*

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**G. Its objective is to help a person \_\_\_\_\_ as a committed follower of Jesus Christ.**

- To be controlled and empowered by the Holy Spirit
- To have Christ-like character
- To love God with all their heart
- To love others as themselves
- To please and honor God
- To be committed to fulfilling the Great Commission

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**H. To help the counselee move:**

<b>From a Big Problem</b>		<b>To a Big God!</b>
From Alienation	-->	To Salvation
From Wrong Thinking	-->	To Truth
From Sin	-->	To Sanctification
From Fear	-->	To Faith
From Depression	-->	To Anticipation
From Compromise	-->	To Commitment
From Bitterness	-->	To Forgiveness
From Worry	-->	To Worship

**II. WHO IS CALLED TO DO BIBLICAL COUNSELING?**

\_\_\_\_\_!

Every Christian, particularly Dgroup / D12 leaders, is \_\_\_\_\_  
to be a biblical counselor.

**A. Biblical Counseling is \_\_\_\_\_ one another as  
a way of life.**

*Hebrews 3:12–13*

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**B. The Dgroup and D12 members are to counsel**

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*Galatians 6:1*

Research has shown that counseling and healing are most effective in a community such as small groups.

LARRY CRABB

“At least until recently, counseling was usually a one-to one relationship... This type of counseling between individuals can be helpful, but the benefits are likely to be greater when the counselee is part of one or more supportive caring groups.”

GARY R. COLLINS

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### III. PREREQUISITES OF THE COUNSELOR

A. Be Indwelt and controlled and empowered by the \_\_\_\_\_ .

B. Be a Good \_\_\_\_\_ – Walk Your Talk!

C. Be motivated by \_\_\_\_\_ .

D. Don't be \_\_\_\_\_ or \_\_\_\_\_ .

1. There is nothing good in us apart from Christ.

*Romans 7:18*

2. We are capable of the worst sin apart from the grace of God.

*1 Corinthians 10:12*

3. We are not superior to the person we counsel. We should see ourselves as a \_\_\_\_\_ not a counselor.

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“In psychological counseling, the counselor acts as one who holds the mysteries of change and he generally maintains a superior position in relation to the counselee.”

“In Biblical counseling however, the counselor shares with the counselee the office of the priesthood of all believers.”

“In Biblical counseling, the counselor and the counselee are children in the family of God.

They are partners in the process of change the Lord desires to bring. The counselor is not in a position of superiority to the one being counseled. He and the counselee receive from God.”

#### HOW TO COUNSEL FROM SCRIPTURES

4. Know that our \_\_\_\_\_ comes from God.

*1 Corinthians 3:5*

#### **GOD TO US:**

All that you aren't, I AM!

All that you can't do, I CAN!

- E. Know the \_\_\_\_\_ .**

*2 Timothy 2:15*

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## IV. BIBLICAL PERSPECTIVE ON MAN

A. We are created by God in \_\_\_\_\_.

*Genesis 1:27*

Created in God's Image:

1. Personal Beings – We are relational
2. Rational Beings – We can think/reason
3. Volitional Beings – We have a will
4. Emotional Beings – We can feel

B. Because of sin, we are \_\_\_\_\_ image bearers.

Romans 3:23

“Sin is an irrational energy of **rebellion** against God, a lawless habit of **self-willed arrogance** expressing itself in egoism of all kinds.”

J. I. PACKARD

**C. When we trust in Jesus Christ to be our Lord and Savior, we are \_\_\_\_\_ to God and \_\_\_\_\_ in Christ.**

*2 Corinthians 5:18*

CAPACITIES OF PERSONHOOD	BEFORE THE FALL	AFTER THE FALL	RECREATED IN CHRIST
<b>PERSONAL BEINGS:</b> <ul style="list-style-type: none"> <li>We are created to have a love relationship with God and others</li> </ul>	<b>Fulfilled</b> <ul style="list-style-type: none"> <li>Secured in God's love</li> <li>We had Significance</li> </ul>	<b>Empty</b> <ul style="list-style-type: none"> <li>Wrong strategies on how to have security and significance</li> </ul>	<b>Reconciled to God</b> <ul style="list-style-type: none"> <li>Complete in Christ (Colossians 2:10)</li> <li>Security in God's love</li> <li>Significant as God's child doing His will</li> </ul>
<b>RATIONAL BEINGS:</b> <ul style="list-style-type: none"> <li>We can think and reason</li> </ul>	<b>Accurate</b> <ul style="list-style-type: none"> <li>Based on the Truth, God's Word</li> </ul>	<b>Corrupt</b> <ul style="list-style-type: none"> <li>Based on human Ideas and Philosophies</li> </ul>	<b>Renewed in our mind</b> <ul style="list-style-type: none"> <li>We have the mind of Christ (1 Corinthians 2:16)</li> </ul>
<b>VOLITIONAL BEINGS:</b> <ul style="list-style-type: none"> <li>We have a will to make moral choices</li> </ul>	<ul style="list-style-type: none"> <li>Right Choices</li> <li>Righteous behavior</li> </ul>	<ul style="list-style-type: none"> <li>Sinful Choices</li> <li>Unrighteous Sinful (Romans 3:23)</li> </ul>	<ul style="list-style-type: none"> <li>Right choices led by the Spirit and</li> <li>Empowered by the Spirit (Galatians 5:16)</li> </ul>
<b>EMOTIONAL BEINGS:</b> <ul style="list-style-type: none"> <li>We have feelings</li> </ul>	<ul style="list-style-type: none"> <li>Positive</li> <li>Constructive</li> </ul>	<ul style="list-style-type: none"> <li>Negative</li> <li>Destructive</li> </ul>	<ul style="list-style-type: none"> <li>Spirit-Controlled - love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control (Galatians 5:22-23)</li> </ul>
<ul style="list-style-type: none"> <li>Perspective</li> </ul>	<ul style="list-style-type: none"> <li>Divine/ Eternal</li> </ul>	<ul style="list-style-type: none"> <li>Earthly</li> </ul>	<ul style="list-style-type: none"> <li>Divine – Eternal (Colossians 3:1-3)</li> </ul>



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## V. PRE-COUNSELING PREPARATION

- A. \_\_\_\_\_ a place that will enable you to talk.
  
- B. Put yourself in the \_\_\_\_\_ place.
  
- C. \_\_\_\_\_ before they arrive.
  
- D. Know your \_\_\_\_\_ as a counselor (Helper).

*2 Corinthians 5:9*

**To correct their thinking**



**To correct their behavior**



**To correct their emotions**

To help a person become a Spirit-filled committed follower of Jesus Christ who loves God and others, and is committed to fulfilling the Great Commission.

- E. **Remind yourself of the \_\_\_\_\_ of Biblical Counseling.**

*Galatians 4:19*

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## VI. COUNSELING SKILLS AND PROCESS

Establish a relationship with them

Explore the problem

Encourage them to Christ-likeness

Evolve an action plan

Expedite the action plan

### A. Establish a Relationship with them

“Some evidence suggests that a majority of counselors are ineffective and perhaps even harmful. Others do succeed, however, and they counsel very effectively.

These people are characterized by a personality that radiates sincerity, understanding, compassion and the ability to confront in a genuine and constructive manner.”

GARY COLLINS

“The nature and depth of relationship between counselor and counselee varies. However, it is now established that the most effective predictor of counseling success is the relationship between helper and helpee.”

IRWIN D. YALOM

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## B. Explore the Problem

### 1. Ask \_\_\_\_\_.

- to gather information
- to better understand their problem

Asking good questions is an important tool in counseling.

Questions can help a person open up.

### Types of Questions:

#### a. \_\_\_\_\_ Question: Use Sparingly

- Used to gather specific information. It can be usually answered with a single word, a short phrase or a “**yes**” or “**no**”

#### Examples of closed questions:

- What is your name, date of birth?
- Where do you work?
- Are you married?
- Are you ready to change?

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b. \_\_\_\_\_ Question: Use More

- Used in order to gather answers and information. It usually requires an explanation and there is no correct answer.

*Who? What? When? Where? Why? How?*

Begin by asking their reason for coming using Open-ended questions:

- Can you share with me why you wanted to see me?
- What is troubling you?
- What is your concern?

Other Open-ended question for Exploring:

- Can you tell me what happened?
- How do you feel about..
- Why do you feel that way?
- How did you respond?
- When did the problem begin?

Ask periodic, open-ended probing questions to understand not just the presenting problem but also possible deeper issues and to get a more complete picture of their situation.

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Samples of things to ask:

- About their different relationships
- About different areas of their life
- About how they are responding to their situation
- About their fears
- About any trauma in their life
- About their relationship with God

**Important:** Ask, “Have you come to a point in your spiritual journey that you are sure you have eternal life?”

- If their answer is “Not sure” etc. then after hearing “their story” you need to share the gospel with them first before discussing possible solutions to their problem.
- Say, “God loves you and wants to help you with your problem but you have a bigger problem that He wants to solve first so that you will have His power to help you.”
- Share the Gospel

**2. \_\_\_\_\_ actively to understand the problem.**

- a. Active listening happens when you “listen for meaning” to understand what they are saying and feeling.
- b. Say very little but convey empathy, acceptance, compassion, respect and a non- judgmental attitude.
- c. \_\_\_\_\_ at the counselee and \_\_\_\_\_ their body language.
- d. \_\_\_\_\_ the counselee to continue sharing with short comments like “uh-huh”, “really”, “tell me more”, etc.

**3. \_\_\_\_\_ first before giving advice.**

- a. Quick advice may make them feel:
  - That you don’t fully understand
  - That you are just hitting them on the head with the Bible
  
- b. They won’t listen until they feel listened to, understood, and empathized with.

*James 1:19*

*Proverbs 18:13*

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**4. As you listen, \_\_\_\_\_ and make either a mental or written note of their personhood:**

- a. Their Emotions - Positive or Negative
- b. Their Thinking - Biblical or unbiblical
- c. Their Actions - Christ-like or not Christ-like
- d. Their Personal Being – How is their personal relationship with God and with others? What do they think gives them significance and security?
- e. Their Perspective – Earthly or Eternal

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5. Use \_\_\_\_\_.

Communication is **55%** body language,  
**38%** tone and **7%** words.

a. Involves our facial expressions, the angle of our body, how close we are to the other person and the position of our arms and legs.

b. Use **F.O.L.L.**

**F**ace the counselee with a friendly expression

**O**pen and relaxed position (no crossed arms)

**L**ean a little towards the person

**L**ook at the person in the eyes

6. **Summarize and Paraphrase to \_\_\_\_\_ and to let them know that you understand them.**

a. Paraphrasing

- Succinctly and tentatively restating what the counselee has said in order to convey empathy, acceptance and sincerity.

b. Summarizing

- The counselor makes a summary of the main points that the person is sharing in order to highlight them and check to see if they understand what the counselee means.

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**C. Encourage them to Christ-likeness.**

1. \_\_\_\_\_ and \_\_\_\_\_ with their emotions. (Very Important)
  - a. Express empathy.
  - b. Don't condemn them for their emotions.
  - c. Until they feel that you understand how they feel, they won't listen to you.
  - d. Share with them that emotions are a by-product of what we think and what we do.

*Proverbs 23:7*

What we think or believe affects what actions we take, which in turn affects our emotions.

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**2. Share verses from the Bible related to their situation – let the Holy Spirit comfort, guide and convict them.**

- a. Have them read the verse out loud
  
- b. Ask them: “Based on this verse...
  - What do you think God wants you to do?
  - What sin do you need to confess and repent of?
  - What behavior or attitude do you need to change?
  - What promise can you claim?

**3. \_\_\_\_\_ their Biblical and unbiblical thinking.**

**4. \_\_\_\_\_ their wrong strategies to find love, significance, godly and ungodly behavior/ sin/ bad habits.**

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**5. To encourage them, share \_\_\_\_\_ that relate to their situation from:**

- a. The Bible
- b. Your life
- c. The lives of others

**6. Encourage them to have an \_\_\_\_\_ .**

Life is temporary but eternity is forever. Sometimes, in pleasing God, we are called to suffer for a little while but the rewards both now and for eternity are worth the suffering and sacrifice.

*2 Corinthians 4:17-18*

**7. Encourage them to \_\_\_\_\_ God in everything.**

*1 Thessalonians 5:18*

- This is God's formula for good mental health!

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**Why thank God? Some verses you might share:**

- a. God's Plan – for welfare, not for calamity, to give us a future and a hope.

*Jeremiah 29:11*

- b. God's Promise – to cause all to work for our good.

*Romans 8:28*

- c. God's Purpose – to conform us to the image of Christ.

*Romans 8:29*

- d. God's Power – nothing is impossible with Him.

*Luke 1:37*

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- e. God's Provision - We have everything we need in Christ for life and godliness

*2 Peter 1:3*

- He will supply all of our needs in Christ

*Philippians 4:19*

- We can do all things through Christ.

*Philippians 4:13*

- f. God's judgement and God's reward  
– we are accountable to Him.

*2 Corinthians 5:10*

*Hebrews 11:16*

God is no debtor. We will be reimbursed for whatever we do for Him!

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## D. Evolve an Action Plan.

Principles to remember in making the plan:

1. **God holds us \_\_\_\_\_ for our choices and behavior.**
  
2. **We are \_\_\_\_\_ to change ourselves but we cannot change others.**

**IMPORTANT:** The difference between a personal goal and a desire or longing:

**Goal:** Set goals for yourself not others

- It is what we alone, can achieve by the Lord's power.
- If we make a goal that requires the cooperation of another person to achieve and they don't, we tend to get frustrated, angry!

**Desire (longing):**

- It is something you want, which requires the cooperation of others.
- You pray for it - give your desires to the Lord to fulfill in His time.
- Encourage others to do what you desire but not demand it.

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**3. We are \_\_\_\_\_ in Christ.**

*Colossians 2:9-10*

- Our personal well-being is based on our relationship with the Lord. Everything else in life is either a bonus or a burden but not essential to our well-being.
- When we add anything else that we think we need to be complete, we have problems.
- Most of us have a thought in our brain – *“I will be alright if this person behaves this way, if this desire is fulfilled, if I had....”*
- We need to change the thought in their brain – *“Lord I desire that I had..., but even if I don’t get it, I will be ok because I have you and I am complete in you. You are my life.”*

*Psalm 73:26–27*

**4. The Christian life is an \_\_\_\_\_ life to live on our own power.**

- a. It is an \_\_\_\_\_ life, a supernatural life.
- b. Only \_\_\_\_\_ can live the Christian life.
- c. To live it, we must die to our self (deny our self) and allow Jesus Christ to live in and through us by faith by the Holy Spirit.

*Galatians 2:20*

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## HOW TO EVOLVE A PLAN

- 1. Help them establish the overall \_\_\_\_\_ of a committed follower of Jesus Christ:**

To please Him in everything – to do everything for Him.

*2 Corinthians 5:9-10*

*Mark 8:34*

- 2. \_\_\_\_\_ with them in coming up with the action plan and steps to carry out this goal. If they are involved, they will be more likely to do it.**
  - Get their suggestions based on the Bible verses.
  - Give your suggestions if necessary.
  - Discuss alternatives.
  
- 3. Decide on the \_\_\_\_\_**

Make it specific.

  - What?
  - How?
  - When?

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4. Identify any \_\_\_\_\_ or reservations they might have in carrying out the plan.

a. Ask them, “Is there anything that will keep you from doing this?”

Some Common Obstacles and pointers:

- “I am afraid of ...”

*Romans 8:31*

When we are afraid we can trust Him

- “I don’t feel like it so I will be a hypocrite if I do it.”

*James 4:17*

**Principle of: \_\_\_\_\_ before emotion.**

Act first and the emotions will follow. It is not hypocritical to do what is right if you don’t feel like it. That is biblical. But if you know what is right to do as a Christian but don’t do it, that is hypocritical because you are not acting consistently as a committed follower of Jesus Christ.

- “I don’t want to forgive them yet. I don’t want to make it too easy for them. They need to learn a lesson, to know how I feel”

*Matthew 18:21-22*

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- Our responsibility is to forgive as God has forgiven us by the power of the Holy Spirit  
*Ephesians 4:31-32*

- God's responsibility is to deal with the person who has sinned against us.  
*Hebrews 10:30*

- "I don't want to see them now. I am still hurting and I need time to heal."

- Time is not the healer. It often gets harder with time. Jesus is the healer when we obey.  
*Luke 6:27*

"I can't trust the person who betrayed me, hurt me so I can't have a relationship with them because they might hurt me again."

- Trust in God to protect your heart and entrust the offender to God to change them.  
*1 Peter 2:23*  
*Hebrews 10:10*

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b\_\_\_\_\_ them if there is resistance.

1. **Share with them the consequences of sin and disobedience, and the blessings of obedience.**

*Deuteronomy 11:26-27*

2. **Share the \_\_\_\_\_ .**

*Galatians 6:7-9*

- We reap what we sow, we are free to choose but not free to choose the consequences of our choices.
- Have them ask themselves, “What will happen in the future to my family, my ministry, my testimony, etc., if I decide to obey/not obey

3. **Encourage them to commit to obey the Lord at all cost.**

“We need to say either ‘yes’ or ‘no.’ But some of us say ‘maybe.’ Some of us try to straddle the fence and live in both worlds, but God doesn’t allow this.”

BILLY GRAHAM

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**E. Expedite the Action Plan.**

**1. Get a \_\_\_\_\_ to do the action plans, steps to be taken and when to execute them. (Give an assignment)**

**2. Encourage them to \_\_\_\_\_ out loud to seal their commitment to God:**

- a. To confess any sin, wrong thinking or behavior that does not glorify God. To repent.
- b. To ask the Holy Spirit to control and empower them.
- c. To commit to please and follow Jesus Christ at all cost.
- d. To thank God in advance for what He will do.

**3. Encourage them to \_\_\_\_\_ a Dgroup for further growth, follow-up, and discipleship in becoming a Spirit-controlled follower of Jesus Christ.**

\_\_\_\_\_ through prayer, text, and phone call.

## WORKSHOP

The Counseling Skills and Process:

**E**stablish a relationship with them

**E**xplore the problem

**E**ncourage them to Christ-likeness

**E**volve an action plan

**E**xpedite the action plan

Follow them up through prayer, text, call

## WORKSHOP

### Biblical examples of counseling from the life of Jesus

1. What counseling principles can you observe that Jesus used in these passages?
  - **Example A:** Jesus washing the feet of the disciples.
    - Luke 22:24-32; John 13:3-5, 13-16
  
  - **Example B:** Jesus on the Road to Emmaus.
    - Luke 24:13-35

# EXPERIENCE

Set a one-on-one meeting with a Dgroup member that you know need Biblical counseling in some area of concern or struggle. Apply what you learned from this training and describe your experience in the space below using the following guide questions:

1. What was the situation or concern of my counselee that needed to be addressed?
2. What Biblical principles did I base my counsel on?
3. What specific counseling steps did I apply?
4. What resolution regarding the situation/struggle did my counselee arrive at towards the end of our time together? If he or she did not have a resolution at that time, what next steps will you take as his/ her counselor to help your counselee move forward in the area of concern?
5. Record any additional insights and realizations regarding applying principles of biblical counseling to different areas including how you can improve as a counselor to your Dgroup members.

## ADDITIONAL RESOURCES

### Some Tips on Counseling Specific Cases

#### A. Homosexuality

Homosexuality is usually learned through experience or family environment.

1. Common unbiblical mind set
  - a. I can't help who I am – It's genetic
  - b. It's an acceptable lifestyle choice
2. Biblical mindset
  - a. You need to communicate to them that God loves them – John 3:16
  - b. Homosexuality is not genetic
    - i. God created us Male and Female - Genesis 1:27
    - ii. It is against God's design and brings eternal consequences - 1 Corinthians 6:9-10
    - iii. Homosexuality is not a destiny it is a decision that God holds us accountable for.
  - c. Change and cleansing are possible through faith in Jesus Christ – 1 Corinthians 6:10; Philippians 4:19
  - d. A New life is possible through faith in Jesus Christ – 2 Corinthians 5:17
3. Their part
  - a. Live to please God in all that they do for He will judge them and reward them – 2 Corinthians 5:9-10
  - b. Flee sexual immorality and pornography – 1 Corinthians 6:18-19  
They should avoid friends, environments, media that tempt them to sin. Bad company corrupts good morals – 1 Corinthians 15:33

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- c. Renounce their sin in the Name of Jesus Christ and claim God's power and healing. Dedicate their body to God.
  - d. Be part of a small group for accountability and encouragement.
  - e. Attend Glorious Hope and/or Healing Grace Ministry
  - f. Attend a victorious over strongholds session

## **B. Sexual Abuse**

- 1. Incorrect Mindset
  - a. I am damaged
  - b. Guilty for what they did or did not do to stop it
  - c. Bitter at the abuser
- 2. Biblical Perspective
  - a. God is angry at what the abuser did – Luke 17:1-2
  - b. God said that vengeance is His, He will deal with the abuser – Romans 12:17-21
  - c. The abused person was a victim but they can be a victor in Christ – 1 John 5:4
    - i. It is not so much what happens to us but how we respond to what happens to us that impacts us.
  - d. In every circumstance even in abuse, we can become:
    - i. Better by trusting God to use it for good and thanking Him or
    - ii. Bitter by unforgiveness, unrelenting anger, and feeling irreparably damaged

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- e. Forgive the abuser for the abuse and how it hurt them as God has forgiven them – Ephesians 4:31-32
    - i. Acknowledge their anger and pain and give it to God
    - ii. They can hate the sin but not the sinner
  - f. Trust God to cause all things, even their abuse, for good – Romans 8:28-29
    - i. There are scars from abuse which will become areas of strength when surrendered to the Lord to use for His purposes and glory.
    - ii. Even medically speaking, when a wound heals and scars, the scar tissue is stronger than regular tissue.
  - g. Thank Him for what He is going to do - Philipians 4-7
    - i. God will use their abuse and His comfort and healing to help others – 2 Corinthians 1:3-4
3. Their Responsibility – Gently encourage them to:
- a. Expose the abuser to keep him or her from doing it to someone else – tell the authorities in their life
  - b. Confront the abuser – Tell the abuser what they did, how it affected them, and that by God’s grace, they have forgiven the abuser.

### **C. Physical Abuse**

1. Ask under what circumstances the physical abuse happens.
2. Check to see if the abused is rebellious or unsubmitive.
3. Have the abused tell an authority over the abuser about the physical abuse for their protection and to hold the abuser accountable.
4. Separate temporarily if the situation is life threatening in order to get counseling and help.

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## D. Depression

1. Depression is usually related to a feeling of hopelessness, to regret, guilt, anger and unforgiveness (bullying, social media, digital addiction, etc.)
  - a. Ask if they know what is causing the depression.
  - b. Find out when the depression began and what happened.
2. Check if the depression could be physical
  - a. Lack of exercise – exercise stimulates the release of endorphins (happy hormones)
  - b. Wrong diet – refined carbohydrates cause a spike (a high) and then drop in blood sugar (a low)
  - c. Lack of sunshine – we need 15 min. of sunlight daily – stimulates endorphin production in the brain
  - d. Lack of sleep – contributes to depression
3. Teach them to pray with thanksgiving and anticipation in advance what God will do and then they will experience God's peace.

*Philippians 4:6-7*

Thanksgiving is God's formula for good mental health.

4. Share that God has promised them a sound mind.  
– 2 Timothy 1:7 (KJV)
5. Listen to Christian Music and Audio Bible.
6. Detox from computer games and social media.
7. Be nurtured in a small group.

## SECULAR VS BIBLICAL COUNSELING

CONTRASTS	SECULAR	BIBLICAL
Goals	<ul style="list-style-type: none"> <li>• To esteem self</li> <li>• To become a functioning member of society</li> <li>• To become self-sufficient</li> </ul>	<ul style="list-style-type: none"> <li>• To deny self</li> <li>• To develop holiness</li> <li>• To become more like Christ</li> </ul>
Approach	<ul style="list-style-type: none"> <li>• Many “schools” of Psychology with no consensus</li> <li>• No central focus--No absolutes</li> <li>• No acknowledgment of emotional problems caused by personal sin</li> </ul>	<ul style="list-style-type: none"> <li>• Based on the direction, promises and concepts of God found in the Bible</li> <li>• Values based upon what God values</li> <li>• Emotional problems are really spiritual problems</li> </ul>
Methods	<ul style="list-style-type: none"> <li>• Client is to seek his own solution within himself and his abilities</li> <li>• Based on Man’s ideas - relative value system</li> <li>• Often “non-directive”</li> </ul>	<ul style="list-style-type: none"> <li>• Solutions are in the resources found in a relationship with Christ</li> <li>• Based on God’s ideas- absolute value system</li> <li>• Very directive, often confrontive</li> </ul>
Qualifications of the Counselor	<ul style="list-style-type: none"> <li>• “Professional Degrees” in Psychology—you must see an “expert”</li> <li>• Understanding of Psychological principles</li> <li>• Clinical/professional relationship with “client”</li> <li>• Character of counselor is not important</li> <li>• No role modeling</li> </ul>	<ul style="list-style-type: none"> <li>• Evidence of Godly wisdom--seek counsel from a righteous Godly person</li> <li>• Understanding of God’s truth</li> <li>• Life to life discipling relationship with “brother/sister” in Christ</li> <li>• Character is crucial</li> <li>• Modeling/imparting of life to life</li> </ul>

Context for Counseling	<ul style="list-style-type: none"> <li>• Primary context- Professional office</li> <li>• Professional - client relationship</li> <li>• Practice of psychological “therapy”</li> <li>• No relationship outside of the office</li> <li>• One-on-one isolated relationship</li> <li>• Group therapy or self-oriented support groups</li> <li>• Strive for independence and autonomy</li> <li>• Responsible/accountable to self</li> </ul>	<ul style="list-style-type: none"> <li>• Primary context- Local Church</li> <li>• Intimate discipling relationship</li> <li>• Practice of the “one another” commands of Scripture</li> <li>• Ongoing “Body life” dynamic of the church</li> <li>• Multiple relationships with godly mature believers</li> <li>• Nurturing/accountable small group relationships</li> <li>• Strive for interdependence and mutual submission</li> <li>• Responsible/accountable to godly leadership in the context of the Christian community</li> </ul>
View of God	<ul style="list-style-type: none"> <li>• Atheistic or however you define him</li> <li>• The “God in all of us”</li> <li>• A “higher power”</li> <li>• Impersonal and-uninvolved</li> </ul>	<ul style="list-style-type: none"> <li>• Creator and sustainer of life as revealed in the Bible</li> <li>• God ordains man’s life and all his circumstances</li> <li>• Involved in a very personal way</li> </ul>
View of Man	<ul style="list-style-type: none"> <li>• No personal sin--basically good</li> <li>• Man is an animal, a product of evolution</li> <li>• Controlled by instincts or environment</li> </ul>	<ul style="list-style-type: none"> <li>• Totally depraved, sinful and evil</li> <li>• Man is created individually/ uniquely by God</li> <li>• Controlled by sin</li> </ul>
Man’s Purpose	<ul style="list-style-type: none"> <li>• To glorify himself</li> <li>• To become self-sufficient</li> <li>• To live for temporal pleasure</li> </ul>	<ul style="list-style-type: none"> <li>• To glorify God</li> <li>• To find his sufficiency in God and dependency upon Him</li> <li>• To live for eternal, Kingdom purpose</li> </ul>
Man’s Responsibility	<ul style="list-style-type: none"> <li>• No personal responsibility/ accountability</li> <li>• Autonomous - no concept of God’s judgment</li> <li>• It is not man’s fault -he is a victim therefore encouraging blame shifting</li> <li>• Self-centeredness encouraged in form of venting, anger, boundaries</li> </ul>	<ul style="list-style-type: none"> <li>• Man is responsible/ accountable to God</li> <li>• Dependent - answer to man’s problem is outside of himself - in God and His Word</li> <li>• Obedience to God and reliance upon Him produces positive results</li> <li>• Freedom comes through confession, repentance and forgiving others</li> </ul>

Causes of Problems	<ul style="list-style-type: none"> <li>• Problems are defined as “disease” or “addiction” or result of environment</li> <li>• Parents/others who have victimized</li> <li>• Guilt or shame</li> <li>• Poor self-image</li> </ul>	<ul style="list-style-type: none"> <li>• Problems are caused by personal sin &amp; the reality of living in a fallen world</li> <li>• Not understanding the character of God</li> <li>• Not understanding personal sin</li> <li>• Not seeing one’s need of Christ</li> <li>• Not living by Biblical principles</li> </ul>
View of Needs	<ul style="list-style-type: none"> <li>• Greatest need = to love self</li> <li>• Hierarchy of needs must be met</li> <li>• Self-esteem needs must be met</li> <li>• Self-fulfillment is a legitimate need</li> <li>• “Needs” are met through people and circumstances</li> <li>• Almost any desire can be classified as a “need”</li> </ul>	<ul style="list-style-type: none"> <li>• Greatest need = to love God</li> <li>• Very few legitimate “needs”</li> <li>• “Hierarchy of needs not necessary to be godly and mature</li> <li>• No “self-esteem” need</li> <li>• Physical needs of food and clothing provided by God in response to our obedience</li> </ul>
View of Guilt	<ul style="list-style-type: none"> <li>• Environmentally or self-induced</li> <li>• Sin rationalized</li> <li>• Result of mental “illness” or disease</li> <li>• Root problem that must be eliminated</li> <li>• Minimized or invalidated</li> <li>• Shock therapy to obliterate memory</li> </ul>	<ul style="list-style-type: none"> <li>• Guilt is God-induced</li> <li>• Result of sin</li> <li>• Guilt is warning that one has transgressed God’s law.</li> <li>• Guilt is resolved through facing one’s sin and experiencing the provision of the Cross of Christ.</li> </ul>
Means to Change	<ul style="list-style-type: none"> <li>• Turn to self to build self-reliance</li> <li>• Build self-acceptance/ self-love</li> <li>• Find freedom from moral restraint</li> <li>• Learn to ignore/deny sin</li> <li>• Use of mind-altering drugs</li> </ul>	<ul style="list-style-type: none"> <li>• Turn to God in confession, brokenness and repentance</li> <li>• Depend on the power of the Holy Spirit</li> <li>• Rely on God’s spiritual resources</li> </ul>

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## BIBLE VERSE REFERENCES

### ON OBEDIENCE

John 15:14  
Deuteronomy 6:4-9  
1 Samuel 15:22  
Deuteronomy 11:26-28  
Joshua 5:6  
Romans 2:6-8  
Ephesians 6:1-3  
Nehemiah 9:20, 26-27  
Proverbs 13:13  
Luke 11:28

### ON FORGIVENESS

1 John 1:9  
Isaiah 43:25-26  
Acts 3:19  
Isaiah 1:18  
2 Corinthians 5:17  
Ephesians 1:7  
Hebrews 10:17  
Daniel 9:9  
Colossians 1:13-14  
Psalm 103:12  
Micah 7:18-19  
Matthew 6:9-15  
Mark 11:25  
Ephesians 4:30-32

### ON HOMOSEXUALITY

Genesis 1:27-28  
Mark 10:6-9  
1 Corinthians 6:9-11  
Leviticus 18:22  
1 Corinthians 6:17-20  
Romans 1:26-28

### ON MARRIAGE ADULTERY & DIVORCE

Matthew 5:31-32  
Matthew 19:3-11  
Luke 16:18  
1 Corinthians 7:10-13  
1 Corinthians 7:39  
Romans 7:2-3  
Malachi 2:14-16  
Mark 10:10-12  
1 Corinthians 6:18  
Exodus 20:14  
Hebrews 13:4  
Matthew 5:27-28  
1 Corinthians 6:9-11

### ON WORRY & ANXIETY

Matthew 6:25-34  
Proverbs 3:5-6  
Philippians 4:6-7  
Luke 12:25-26  
Matthew 11:28-30  
John 14:27  
2 Thessalonians 3:16  
Psalm 55:22  
Proverbs 12:25  
1 Peter 5:6-8  
Psalm 23:4  
Hebrews 13:5-6  
Psalm 56:3  
Romans 8:28-30

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### **ON HOPE**

Psalms 3:2-6  
1 Corinthians 15:54-58  
1 Peter 1:3-6  
Psalm 147:11  
Proverbs 13:12  
Romans 5:5  
Isaiah 40:31  
Psalm 31:24  
Hebrews 6:19

### **ON DEPRESSION**

Psalms 42:11  
Proverbs 17:22  
2 Timothy 1:7  
Philippians 4:8  
Deuteronomy 31:8  
Psalm 34:17  
Psalm 40:1-3  
Psalm 3:3  
Psalm 32:10  
1 Peter 5:6-7  
John 16:33  
Romans 8:38-39  
2 Corinthians 1:3-4  
1 Peter 4:12-13  
Psalm 37:23-24

### **ON WORK**

Colossians 3:23  
Proverbs 13:4  
1 Timothy 5:8  
Proverbs 16:3  
Matthew 6:33

### **ON DATING AND COURTSHIP**

2 Corinthians 6:14  
1 Corinthians 6:18  
1 Corinthians 7:1  
1 Corinthians 15:33  
2 Timothy 2:22  
Galatians 5:22-23

### **ON PARENTS/ IN-LAWS**

Colossians 3:20  
Matthew 19:5  
Ephesians 6:1-3  
Proverbs 23:22  
1 Peter 5:5-6  
James 1:9  
Genesis 2:24







