



*Basic  
Bible Counseling*

*I myself am confident concerning you,  
my brethren, that you also are full of  
goodness, filled with all knowledge,  
able also to admonish one another.*

*Romans 15:14*

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# Chapter 1

## Basic Bible Counseling

### **Proverbs 17:17**

A friend loveth at all times, and a brother is born for adversity.

### **Proverbs 27:6**

Faithful are the wounds of a friend; but the kisses of an enemy are deceitful.

### **Proverbs 27:9**

Ointment and perfume rejoice the heart: so doth the sweetness of a man's friend by hearty counsel.

### **Proverbs 27:17**

Iron sharpeneth iron; so a man sharpeneth the countenance of his friend

## **I. A BIBLICAL BASIS FOR CHURCH BASED COUNSELING**

A problem exists today in the world of Christian counseling. "Numerous Christians have been indoctrinated and intimidated by the world of psychotherapy.

Psychological experts have convinced them that while pastors and fellow believers may be able to minister spiritually, they are not prepared to minister psychologically." (Martin and Deidre Bobgan, *Against Biblical Counseling, FOR THE BIBLE*, p.5) Many of God's people have been intimidated because they may feel that they lack professional training, or they don't have a degree in counseling or psychology.

### **A. What authority does a church have to have its members involved in counseling others?**

Church-based counseling, whereby Pastors and laymen may be actively involved in giving Biblical advice (admonishment) to others, has its basis in...

1. The commands of Jesus Christ

- a. The command to confront a sinning brother Matthew 18:15-17

Moreover, if thy brother shall trespass against thee, go and tell him his fault between thee and him alone: if he shall hear thee, thou hast gained thy brother. But if he will not hear thee, then take with thee one or two more, that in the mouth of two or three witnesses every word may be established. And if he shall neglect to hear them, tell it unto the church: but if he neglects to hear the church, let him be unto thee as a heathen man and a publican.

- b. The command to fulfill the great commission Matthew 28:19-20

Go ye therefore, and teach (make disciples of) all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you always, even unto the end of the world. Amen.

2. The believer's responsibilities to one-another *Every genuine believer is responsible to...*

**ADMONISH ONE ANOTHER Romans 15:14**

And I myself also am persuaded of you, my brethren, that ye also are full of goodness, filled with all knowledge, able also to admonish one another.

**COMFORT ONE ANOTHER I Thessalonians 4:18**

Wherefore comfort one another with these words.

**EDIFY ONE ANOTHER Thessalonians 5:11**

Wherefore comfort yourselves together, and edify one another, even as also ye do.

**EXHORT ONE ANOTHER Hebrews 3:13**

But exhort one another daily, while it is called Today; lest any of you be hardened through the deceitfulness of sin.

**PROVOKE ONE ANOTHER Hebrews 10:24**

And let us consider one another to provoke unto love and to good works:

**RESTORE ONE ANOTHER Galatians 6:1-2**

Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such a one in the spirit of meekness; considering thyself, lest thou also be tempted. Bear ye one another's burdens, and so fulfill the law of Christ.

**TEACH ONE ANOTHER Timothy 2:24-26**

And the servant of the Lord must not strive; but be gentle unto all men, apt to teach, patient. In meekness instructing those that oppose themselves; if God peradventure will give them repentance to the acknowledging of the truth; And that they may recover themselves out of the snare of the devil, who are taken captive by him at his will.

3. The Biblical Philosophy of the Ministry the Ministers equip the saints to minister Ephesians 4:11-12

And he gave some, apostles; and some, prophets; and some, evangelists; and some, pastors and teachers; For the perfecting of the saints, for the work of the ministry, for the edifying of the body of Christ:

**God uses faithful men to counsel**

II Timothy 2:2

And the things that thou hast heard of me among many witnesses, the same commit thou to faithful men, who shall be able to teach others also.

**God uses faithful women to counsel**

Titus 2:4-5

That they may teach the young women to be sober, to love their husbands, to love their children, To be discreet, chaste, keepers at home, good, obedient to their own husbands, that the word of God be not blasphemed.

4. The Sufficiency of Scripture

God knows everything (no one gives Him counsel about anything - Romans.11:34). He knows everything about man and His needs (spiritual, mental, emotional, etc.) God has revealed that which He wants us to know for successful living in the Scriptures. Such knowledge is available to those who possess His Holy Spirit (I Corinthians2:16)

## 2 Peter 1:3

According as his divine power hath given unto us all things that pertain unto life and godliness, through the knowledge of him that hath called us to glory and virtue:

- a. The Bible is our all-sufficient counseling manual 2 Timothy 3:16-17

All scripture is given by inspiration of God and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: That the man of God may be perfect, thoroughly furnished unto all good works.

- b. The Bible can penetrate deep and get to the root of the problem Hebrews 4:12-13

For the word of God is quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart. Neither is there any creature that is not manifest in his sight: but all things are naked and opened unto the eyes of him with whom we have to do.

5. The Adequacy of the Saints I Corinthians 6:2-4

Do ye not know that the saints shall judge the world? And if the world shall be judged by you, are ye unworthy to judge the smallest matters?

Know ye not that we shall judge angels? How much more things that pertain to this life? If then ye have judgments of things pertaining to this life, set them to judge who are least esteemed in the church.

Should Christians ever go to the heathen (lost, unsaved, and unregenerate) world for counsel (advice) on spiritual or interpersonal relationships?

Answer: NO!

Why not? They are not qualified to give true spiritual answers.

- They don't have a relationship with God
- They don't possess the Holy Spirit

- They don't know God's Word
- Generally, they don't care about you (don't have the love of Christ) Yet, many Christians go to the heathen for:
  - marriage counseling crisis counseling
  - family counseling (child rearing) psychological counseling
 (For physical or medical treatment, they can be beneficial; but for spiritual, emotional, relational therapy, no one is more qualified than a Christian who knows God's Word)

**B. Who qualifies to be a Christian Counselor (a Biblical Advisor)?**

A Biblical advisor is...

1. A Christian who **KNOWS** God Proverbs 9:10  
 The knowledge of the holy is understanding. 2 Peter 1:2-3  
 Grace and peace be multiplied unto you through the knowledge of God, and of Jesus, our Lord, according as his divine power hath given unto us all things that pertain unto life and godliness, through the knowledge of him that hath called us to glory and virtue:
2. A Christian who **FEARS** God Psalm 111:10a  
 The fear of the LORD is the beginning of wisdom:
3. A Christian who **OBEYS** God Psalm 111:10b  
 "A good understanding have all they that do his commandments: his praise endureth forever."
4. A Christian who **RELIES** on God John 15:5  
 I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.
5. A Christian who is filled with God's **WORD** Psalm 119:24 --  
 Thy testimonies also are my delight and my counselors.  
 Psalm 119:27 -- Make me to understand the way of thy precepts: so shall I talk of thy wondrous works.  
 Bible Memory and Meditation are indispensable requirements. A Christian counselor must know how to apply Biblical principles to life.
6. A Christian who is filled with God's **SPIRIT** Ephesians 5:18

A Counselor must manifest the fruits of the Spirit:

Galatians 5:22-23 -- But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law.

7. A Christian who is filled with God's **LOVE**

1 John 4:7 -- Beloved, let us love one another: for love is of God; and every one that loveth is born of God, and knoweth God.

It is true that people don't care how much you know, until they know how much you care.

8. A Christian who is committed to the **LOCAL CHURCH**

A Biblical counselor will be an active member of his/her local church; be in agreement with the church's doctrinal convictions, and have a submissive spirit toward the church leadership

Hebrews 13:17 -- Obey them that have the rule over you, and submit yourselves: for they watch for your souls, as they that must give account, that they may do it with joy, and not with grief: for that is unprofitable for you.

Church attendance (in a Church committed to the Bible and people) affords a great opportunity for caring counseling. (Hebrews 10:24-25)

9. A Christian who is committed to **KEEPING CONFIDENCES**

Proverbs 11:13 -- A talebearer revealeth secrets: but he that is of a faithful spirit concealeth the matter.

"Any person who can be used by the Holy Spirit to lead another to salvation or along the way of sanctification is competent to be used by God to give wise counsel" (Bobgan, p.11)

ALL OF THE ABOVE QUALITIES ARE NEEDED FOR ONE TO BE A BIBLICAL COUNSELOR.

C. What are the **Benefits** of Church-based counseling?

(In other words, what are the advantages of Godly Pastors and laymen performing the intensive discipleship ministry of Christian Counseling?)

1. Believers have sufficient resources:
  - a. The Word of God
  - b. The Holy Spirit
  - c. Prayer
  - d. Theological Training (Psalm 119:99-100)
  - e. Divine Wisdom
2. Believers have a personal interest in others
  - a. A Family Love (I John 3:14; 4:7; 5:1)
  - b. A Family loyalty (Galatians.6:10)
  - c. A Family responsibility (Hebrews.10:24-25)
3. Believers can counsel in a context that is advantageous:
  - a. The Local Church provides a setting for establishing relationships
  - b. Personal interest and genuine friendship
  - c. Close Proximity
  - d. No Cost (The average Therapist charges anywhere from \$75 to \$100 an hour)
  - e. Common spiritual interests, morals, ethics, priorities, and worldview

**In times of trouble, where do people go in America? 20% go to "professional" counselors**

**29%** consult their family physician

**42%** seek help from clergymen

(Statistics from Dr. Jim Binney, Moorehead Manor, New Concord, Ohio)

**People still have confidence in their Pastor.**

**D. Biblical Warnings regarding counseling and counselors:**

1. Beware of worldly wisdom from the ungodly.

Psalm 1:1 - Blessed is the man that walketh not in the counsel of the ungodly. (Compare I Corinthians 1 and 2)

2. Beware of many "Professional Counseling ministries"

"We are opposed to biblical counseling ministries that operate outside the church, those that function as separate entities inside

churches, and all organizations that train biblical counselors for ministries that are visibly separated from the biblically ordained ministries of the church." (Bobgan, p.54).

"Any Biblical counseling ministry that charges a price is unbiblical" (Bobgan, p.83) (I Corinthians9:18; I Peter5:2)

**3. Beware of prescribed "Drugs" as a quick fix to emotional problems**

The wealthy medical industry in America is making millions off of people who are satisfied with drugs to cover the symptoms of many problems which have their roots in deeper spiritual problems.

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## Chapter 2

### Basic Bible Counseling

#### II. A BIBLICAL PHILOSOPHY OF COUNSELING

##### A. Beware of False or Inadequate Counseling Philosophies

"Experts estimate that there are more than 200 distinct counseling approaches based on various personalities, theologies, psychological orientations, values, and personal experiences -- All labeled 'Christian'". (Bobgan, p.49)

##### Regarding Counseling:

##### Romans 15:14

And I myself also am persuaded of you, my brethren, that ye also are full of goodness, filled with all knowledge, able also to admonish (Counsel) one another.

*"Admonish"* - noutheteo - lit. to put into the mind; to confront one's thinking.

The way you think and what you think affects every area of your life. Your thoughts affect your emotions and your actions. Hence, Bible teaching is essential to emotional stability and Godly conduct.

The word "admonish" is used in the sense of: (1) To rebuke and (2) To instruct

1) To rebuke - to correct sinful thinking

I Thessalonians 3:14-15 - "And if any man obey not our word by this epistle, not that man, and have no company with him, that he may be ashamed. Yet count him not as an enemy, but admonish him as a brother." (Cp. Titus 3:10)

2) To instruct - to strengthen defective (weak) thinking

a. To remind about what may be forgotten

(Acts 20:31 - Therefore watch, and remember, that by the space of three years I ceased not to warn every one night and day with tears.")

b. To warn about the potential danger

(cp. Acts 20:31; I Corinthians 4:14 - "I write not these things to shame you, but as my beloved sons I warn you")

c. To encourage about God's will

(Colossians 3:16 - "Let the word of Christ dwell in your richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.")

**"Admonish one another"** - The admonishing is not only the pastor's responsibility and privilege but is expected of the laymen to be involved in reciprocal admonition. In the family of God, we need to verbally encourage each other.

**Proverbs 27:17** -- "Iron sharpeneth iron; so a man sharpeneth the countenance of a friend"

**Proverbs 27:6** -- "Faithful are the wounds of a friend; but the kisses of an enemy are deceitful."

Three prerequisites to admonishing others (three needed "fillings" that will give you a competence to Biblically instruct someone else).

In Romans 15:13 and 14 the word "**fill**" occurs three times. You cannot give what you do not have. Before we can impart words of encouragement to others, our lives must be "full" of something to give.

**Before you are competent to admonish others, you need to be:**

**1. Filled with joy and peace** (stable emotions) (v. 13)

- a. God is the source of joy and peace (only He can fill you with such)
- b. Faith is the means of joy and peace  
"In believing" = Joy and peace come to us by means of our believing or faith in God's Word.
- c. Hope is the result of joy and peace  
"Abound" = to overflow; God wants us to be absolutely confident of our salvation. Holy Spirit empowered" hope" comes into our hearts when we have subjective faith and objective joy and peace.

God's equation - Belief produces joy and peace which results in hope.

**2. Filled with goodness** (steadfast morals) (v. 14a)

The reason Barnabas was such an encourager (as his name implies - "Son of Consolation") was because "He was a good man" (Acts 11:24).

Being full of goodness is the result of being full of spiritual knowledge.

Lit. "You yourselves are full of goodness having been filled with all knowledge."

Do you want to be good? Then know God's Word! Give yourself to reading it, meditating on it, and memorizing it.

**3. Filled with Bible knowledge** (spiritual intellect) (v. 14b)

"All knowledge" - know the "whole counsel of God." Have a well-rounded knowledge of Scripture.

To be able to admonish others you need a balanced understanding of Scripture, knowing more than one "pet" doctrine.

We are to be encouragers! Every Christian is to lift up those who fall, strengthen the weak, etc.

**-- We are to comfort those who are distressed**

(II Corinthians 1:3-4 - "Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort; Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God.")

**-- We are to repair (mend) those who are broken by sin**

(Galatians. 6:1-2 - "Brethren if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted. Bear ye one another's burdens, and so fulfill the law of Christ.")

**-- We are to convert those who stray from the truth**

(James 5:19-20 - "Brethren, if any of you do err from the truth, and one convert him; Let him know that he which converteth the sinner from the error of his way shall save a soul from death, and shall hide a multitude of sins.")

## C. Be Aware of the ROOT CAUSE of most Problems

### 1. The Problem of the HEART

#### **The heart of the problem is the problem of the HEART**

Matthew 15:18-20

"But those things which proceed out of the mouth come forth from the **heart**; and they defile the man. For out of the **heart** proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies: These are the things which defile a man:"

"**Heart**" = kardia (Eng. cardiac, etc.) - "the chief organ of physical life ("for the life of the flesh is in the blood - Leviticus 17:11), occupies the most important place in the human system. By an easy transition, the word came to stand for man's entire mental and moral activity, both the rational and the emotional elements. In other words, the heart is used figuratively for the hidden springs of the personal life."

(Vine, p. 206-207).

"The heart is the center of the inner life of the person where all the spiritual forces and functions have their origin" (TDNT)

**Step #1** Show them or else quote to them Romans 3:23 -

**"For ALL have sinned and come short of the glory of God."**

a. Stress the word "All"

Other Scriptures which show that "ALL have sinned"

- 1) Ecclesiastes 7:20 - "For there is not a just man upon earth, that doeth good, and sinneth not."
- 2) Psalm 51:5 - "Behold I was shapen in iniquity; and in sin did my mother conceive me"
- 3) Romans. 3:10 - "...there is none righteous, no not one"
- 4) Romans. 5:12 - "...death passed upon all men, for that all have sinned"

[note: the fact that no one has perfectly kept the first and greatest commandment Proves that all have sinned - Matthew.22:37,38]

b. Make sure they understand what "sin" means.

This word "sin" means to miss the mark of God's perfect standard.

We all come far "short" of the standard that God demands we reach in order for us to inherit His Heaven!

**STEP #2** You must show them that there is a PRICE for sin.

Romans 6:23 -

**"For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord."**

1. Emphasize the word wages.
2. Emphasize that the payment is death.
  - a. Physical death
  - b. Spiritual death

Tell them that death is not cessation ("*going out of existence*") but **separation**.

Physical death is a separation of body from soul. Spiritual death is a separation of the soul from God. This may be illustrated by showing them that there is not just one death but a second death (Revelation 21:8).

God cannot forget or overlook sin. His holiness demands that it be punished.

**STEP #3** Show them that Christ PAID the price for us.

Read to him Romans 5:8 -

***"But God commendeth (shows) His love toward us, in that while we were yet sinners, Christ died for us."***

Emphasize that Christ:

1. Took our place (I Corinthians 15:3)
2. Is our substitute (Romans. 5:6-8)
- \*3. Suffered for us (I Peter 3:18)
4. Became sin for us (II Corinthians 5:21)
5. Took our sins in his own Body (I Peter 2:24)

**Illustration: The Wise & Just Ruler** - A wise and just ruler established a series of laws for his people to follow. One day his mother broke one of the laws and

was brought to the ruler after being caught. The penalty was twenty lashes. How could the ruler remain just and still fulfill the demands of his love for his mother? He chose to take the lashes on his own back. Justice was satisfied, while love was revealed in full measure.

Isaiah 53:5-6 - "the LORD hath laid on him the iniquity of us all." Galatians 3:13 - Christ was "made a curse for us."

**STEP #4** Show them that God offers a GIFT of eternal life

Romans 6:23 -

*"... but the gift of God is eternal life through Jesus Christ our Lord."*

1. Emphasize the word gift.
  - a. A gift is free.
  - b. A gift is unearned.
2. Emphasize the word grace

Grace is the *"unearned, undeserved, and even many times unwanted kindness and favor of God."*

You may then turn in your Bible to Ephesians 2:8-9 and read both verses: *"For by grace are ye saved through faith and that not of yourselves, it is the gift of God, not of works lest any man should boast."*

Then comment on the fact that no one will stand before God and boast of the works whereby they earned eternal life.

3. Emphasize Who the gift is through: Jesus Christ. You may then turn to I John 5:11-12.

**A GIFT MUST BE RECEIVED!**

**STEP #5** Show them that by TRUSTING in Jesus Christ they will be saved.

Turn to Revelation 3:20 and mention that this is Jesus Christ speaking:

*"Behold, I stand at the door and knock; if any man hear my voice and open the door I will come in to him..."*

Turn back to Romans 10:13 -

*"For whosoever shall call upon the name of the Lord shall be saved."*

**You ask sincerely, unashamedly, compassionately:**

*"Will you call upon Jesus Christ and invite Him to come into your life?"*

## **Chapter 3**

### **Basic Bible Counseling**

#### **III. A BIBLICAL METHOD (PROCEDURE) OF COUNSELING**

The following outline on the Biblical procedure of counseling is adapted from Basic Bible Counseling; a course taught by Pastor Timothy Jordan, Calvary Baptist Church, Lansdale, PA

##### **A. Establish proper rapport.**

1. Begin the counseling with prayer (John 15:5) This shows your dependence on God's wisdom and power
2. Display humility (Galatians.6:1)
3. Use speech common to both
4. Use Biblical terms and explain them (sin, forgiveness, confession)
5. Don't use psychological terms (ex. "self-esteem; dysfunctional; co-dependent")

##### **B. Lay a solid foundation** Explain to him/her: *Before we begin you must understand...*

1. God's answers are only for God's children (I Corinthians2:14-16) (The counselee must be born again, and willing to change)
2. Your present condition is the result of your past choices (Galatians.6:7)
3. You must seriously consider and obey the Lord in all things
4. You must be willing to take personal responsibility for your part in the problem

##### **C. Make a mental or written Catalog of symptoms**

1. Collect data by asking questions
2. Practice good listening skills

- a. Let the person speak without interruptions Proverbs.18:13 --  
*He that answereth a matter before he heareth it, it is folly and shame unto him.*

**Never form a final "verdict" or conclusion until ALL of the facts are in and BOTH sides have been heard.** Be careful: First impressions are often wrong.

- b. Give the other person your undivided attention (James 1:19; Proverbs.4:20)
- c. Make sure you accurately understand what is meant by what is said
- d. Take a look at the situation from that person's point of view.
- e. Never form a final verdict or conclusion until all the facts are in.
- f. As you consider causes and effects be very concerned and try to determine the root cause of the problem, remember you must deal with the problems one at a time
- g. As you apply Bible truths to the problems give them the scriptural answers but don't heap guilt on them without showing them God's forgiveness, mercy, and love.
- h. Homework assignments that they must do to gain victory over problems include prayer, reading, and studying the scriptures that promise the answers and seeking the help and guidance of the Holy Spirit.

#### D. Carefully discern causes vs. effects

*To be an effective counselor you must...*

- **LOVE them** (Ask God to give you a real concern for their needs)  
**KNOW them** (Understand their problem by gathering information which will guide you to the heart of the issue; which will be a problem in the heart)
- **SPEAK the truth** (Lovingly confront them with their need and God's answer)  
**APPLY the answer** (show them God's concrete agenda for change)

## **SOME PRACTICAL ADVICE:**

- A. Expect set-backs in the counseling process
- B. Be careful to avoid potentially dangerous counseling situations

**As a general pattern:** Never counsel the opposite sex alone

- C. Be careful not to become entrapped into division and dissension (Insist on the practice of Matthew 18:16-18)
- D. Be careful not to be party to gossip.
- E. Carefully consider the issue of confidentiality
  - 1. Do not repeat to others what has been spoken to you in private.  
As soon as you betray a confidence, you lose your credibility and respect. Chances are, they will never confide in you again. Trust is earned.
  - 2. Do not promise to conceal something that must be revealed.
    - a. Give a conditional agreement to confidentiality  
*"I will not tell anything to anyone I don't have to tell"*
    - b. Give the counselee the opportunity to take the personal responsibility to reveal and correct that which must be made known

# Chapter 4

## Basic Bible Counseling

### IV. HOW TO GIVE COUNSEL TO THOSE STRUGGLING WITH INTERNAL BATTLES

#### INTRODUCTION

**1. Internal Battles Come in a Wide Variety**

Anger (temper), stress, frustration, depression, inferiority, guilt, emotional instability, worry (fear), bitterness (unforgiveness, grudges), envy (jealousy), grief, loneliness, self-pity, and pride.

**2. Internal Battles Stem from our Sin Nature James 4:1**

whence come wars and fightings among you? come they not hence, even of your lusts that war in your members?

**Romans. 7:18-23.**

I know that in me (that is, in my flesh,) dwelleth no good thing: for to will is present with me; but how to perform that which is good I find not. For the good that I would I do not: but the evil which I would not, that I do. (v.18-19)

**3. Internal Battles are Common to Everyone**

**I Corinthians 10:13** - "There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it."

**4. Internal Battles are Very Complex** (They cannot always be diagnosed easily.)

a. Because the battles we face are internal, they are, therefore, subjective, invisible, and can be deceptive and elusive (hard to "put a finger on"), especially by the one who has the problem, since "the heart is deceitful above all things and desperately wicked."

b. The world has no real answers.

These battles (because they are spiritual in nature) require the Spirit of God to use the Word of God to convict and bring the struggling one to repentance.

5. **Internal Battles are a Result of Unbiblical Thinking**

a. Internal battles as they relate to ourselves, others, and God:

1) Unbiblical thinking about ourselves is the prime cause for depression, stress, self-pity, emotional instability, and inferiority.

2) Unbiblical thinking about others is the prime cause for anger, fear, frustration, bitterness, and envy.

3) **Unbiblical thinking about God is the prime cause for guilt, grief, loneliness, and pride.**

b. Internal battles as they relate to "feelings":

All of the struggles mentioned above surface in our consciousness is in the form of "feelings" (EX: We feel angry, we feel lonely, we feel depressed, etc.).

John 13:17 - If ye **know** these things, **happy** are ye if ye **do** them.

We must know God's means for us to achieve "good feelings" -

1) **Thinking right**+2) **Doing right**

In other words:

1) Knowing God's will Plus +

2) Obeying God's will Equals =

Finding fulfillment (joy)

Or: Doctrine + Duty = Delight!

c. Internal Battles as they relate to counseling: The Bible prescribes "**nouthetic**" counseling

The verb noutheteo simply means to confront the thinking (mind) with the Word of God.

The word "**noutheteo**" means to give gentle **admonition**

(This implies compassionate counseling)

**Romans 15:14**

*And I myself also am persuaded of you, my brethren, that ye also are full of goodness, filled with all knowledge, able also to admonish one another*

**Col 3:16**

Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.

**I Thessalonians 5:12**

And we beseech you, brethren, to know them which labour among you, and are over you in the Lord, and admonish you;

**II Thessalonians 3:15**

Yet count him not as an enemy, but admonish him as a brother. The word "**noutheteo**" also means to give a gentle **warning** (This implies courageous counseling)

**Acts 20:31**

**watch, and remember, that by the space of three years I ceased not to warn every one night and day with tears.**

**I Corinthians 4:14**

write not these things to shame you, but as my beloved sons I warn you.

**Colossians 1:28**

**we preach, warning every man, and teaching every man in all wisdom; that we may present everyman perfect in Christ Jesus:**

**I Thessalonians 5:14**

Now we exhort you, brethren, warn them that are unruly, comfort the feeble minded, support the weak, be patient toward all men.

**Proverbs 27:6** - Faithful are the wounds of a friend; but the kisses of an enemy are deceitful.

**Psalm 141:5** - Let the righteous smite me; it shall be a kindness: and let him reprove me; it shall be an excellent oil, which shall not break my head: for yet my prayer also shall be in their calamities.

6. **Internal Battles Can be Solved**

The Word of God has the answers! SEE 2 Timothy. 3:15-16.

The Word of God is profitable to show you:

- 1) What is right ("doctrine")
- 2) What is not right ("reproof")
- 3) How to make it right ("correction")
- 4) How to keep it right ("instruction in righteousness")

**The following steps must be taken before any battle can be won:**

- 1) You must **clearly see** your problem. (The principle of realization)
  - Many people avoid the problem.
  - It's often easier for others to sense a problem in you

**Sin is deceitful.**

- 2) You must **call** it what it is - **Sin**. (The principle of recognition)

Until a problem is called what it really is there can be no correct cure.

A proper diagnosis must occur before the correct "medicine" can be applied.

- 3) You must **confess** it to God. (The principle of repentance)

Note: David's Repentance in Psalm 51.

**I John 1:9**

"Confess" - to say the same thing about your sin that God says about it.

"Repentance" - a change of mind about the sin, and a willingness to turn from it. SEE Proverbs.28:13

- 4) You must **claim** God's cleansing. (The principle of restoration)

Many still live with hearts filled with guilt because they doubt God's ability and desire to forgive.

See: Psalm 32:1-8 - The Blessedness of Forgiveness

- 5) **You must counter the sin with God's solution.**

**(The principle of replacement)**

Note: The "put off - put on" principle of Ephesians 4:22-32  
See Matthew 12:43-45 - One cannot clean a house out without substituting what you took out with something better.

**WINNING THE INTERNAL BATTLE OF...**

- A. ANGER
- B. DEPRESSION
- C. ENVY
- D. FAILURE
- E. LONELINESS
- F. WORRY (FEAR)
- G. STRESS
- H. WRONG THINKING
- I. SELFISHNESS
- J. BITTERNESS & UNFORGIVENESS
- K. BAD DECISION MAKING
- L. PORNOGRAPHY & SEXUAL IMMORALITY
- M. TRIALS, TEMPTATIONS & TRIBULATIONS

## Chapter 5

### Basic Bible Counseling

#### V. HOW TO WIN SPIRITUAL BATTLES

*("Be Prepared for Spiritual Warfare")*

#### **Ephesians 6:10-18**

Today, we are in a battle, but we cannot see the enemy. We are in a war, but we do not fire guns or missiles. We fight on a continual basis, but often do not realize it.

#### **I Peter 5:8**

Our Adversary the Devil

Every believer is a soldier and is expected to fight (there are no spiritual pacifists). I Timothy. 1:18-19; II Timothy. 2:3-4

#### **V. 10**

"**Be strong**" - lit. be empowered (passive). Allow yourself to be endued with divine ability. Yield to the power that God alone gives.

#### **V. 11**

"**The whole armor**" - the complete armor; the full armor (planopian). Having on every piece of armor that God commands is vitally important. "**Wiles**" = schemes; crafty plots; deceitful tactics and maneuvers.

"**The whole armor**" - the complete, or full armor

If one piece is missing, Satan will attack that area of vulnerability; he looks for unprotected areas of our lives, for "chinks" in our armor.

#### **V. 12**

**Our battle** is not physical but spiritual. An unseen yet real conflict that is raging all around us.

"Principalities" - high ruler's "powers" - authorities

"rulers" - lit. world rulers of this (present) darkness (kosmos and kratoras).

"Spiritual wickedness in high places" - the spiritual armies of evil in the heavenlies; a reference to the demonic spirits that soar through the universe.

**Three truths:**

1. We can only be strong in the Lord (v. 10)
2. By ourselves, we are no match for Satan (v. 11)
3. Spiritual battles require spiritual weapons (v. 12).

## V. 13

**"Wherefore"** = because of the spiritual demonic armies hovering over and about us.

**"Withstand"** = to stand against (antistanai); to resist; to withstand is the opposite of remaining passive or of giving in to the devil; or being defeated by Him.

The only formula for getting rid of the devil is (not magical phrases or verbal formulas) but by resisting him (I Peter 5:8-9; James 4:7).

**"the evil day"** - there are specific days when Satanic activity, temptation, etc. will reach each one of us. We need to be ready for those "days of evil."

**"And having done all, to stand"** - After accomplishing great victories, after working hard and doing all that was right and godly, there is a tendency to become complacent, to savor the past triumphs. And then, in such times, having stood, there is a tendency toward a great fall.

**"Take unto you"** - this imperative requires our volition; it's a choice of our will; we must make a decisive decision to take up the virtues He mentions. It's not automatic. Otherwise, the imperative would be meaningless.

**"The evil day"** - a particular day when Satan's fury is aimed personally at you. There may come into your life an evil day like no other. It will be too late then to put on the armor. The time to be ready for war is before the battle starts. Before the missiles fly. Before the guns fire.

## V. 14

**"Stand"** - stand firm, maintain your ground without budging or giving up any won territory to the Devil.

In verses 14-16, God gives a series of participles which unfold how we are to stand. God is saying, *"Stand!"* Now here's how. . .

## SEVEN PIECES OF ARMOR TO OVERCOME SATAN:

### A. Be Truthful (V. 14)

"Truth" - Believe the truth Tell the truth Live the truth

Satan will take you down the path of deceit and hypocrisy unless you defeat him by always telling and living the truth.

## B. Do Right

Chest plate covers vital organs.

### NOTE:

Righteousness is not merely abstaining from what is wrong, but it is positively doing what is right. Righteousness is:

- 1) Being just and fair (not partial)
- 2) Being kind and helpful (not self-centered)
- 3) Being holy and pure (not defiled)

How will righteousness help you defeat Satan's attacks?

1. A righteous man's prayers get answered (James 5)
2. A righteous man's life is not cluttered with obstacles to make him stumble
3. A righteous man's life is pleasing to God and God will come to his rescue (when God isn't helping a person, it is because that person is not right with God).

## C. Spread the Gospel (V.15)

Our "feet" are that which move us forward into battle.

The victorious Christian life is not a stagnant one, not a "sterile" one, not an uninvolved one. It is taking the offensive for God. It is a life of being busy for God. Busy about His work. God's work for you and me is His Great Commission -- "*To preach the gospel to every creature*" (Mark 16:15; Matthew 28:19-20; Acts 1:8).

In order to conquer Satan, we need to be busy "going with the Gospel." Our feet need to be bringing us to lost sinners in need of salvation.

How does witnessing (evangelism) keep us from Satan's attacks?

- 1) It keeps us from idleness ("*Idle hands are the devil's workshop*")  
"An idle life parked at a 'red light' is a green light for Satan to come and side-swipe us."

- 2) It keeps us fulfilled and joy-filled ("*...fruit, that your joy may be full*") Depression comes when the focus of our lives is self. However, when the focus of our lives is others (when we are compassionately concerned for others and their need), depression flees.

#### D. **Believe God's Promises**

A shield is a defensive weapon; it is used to deflect the flaming arrows of the wicked one.

*As Satan aims and fires his arrows of:*

"**Fear**" - we deflect with God's promise "*Be not afraid, for I am with thee*"

"**Loneliness**" - we deflect with God's promise of "*I will never leave thee nor forsake thee.*"

"**Discouragement**" - we deflect with God's promise of "*Your labor is not in vain in the Lord*"

"**Trials and tribulation**" - we deflect with God's promise of "*All things work together for good*"

"**Persecution**" - we deflect with God's promise of "*When you pass through the waters I will be with you...*"

"**Sexual lust**" - we deflect with God's promise of "*There hath no temptation taken you but such as is common to man...*"

It is vital for the counselor to have the person struggling with a particular sin, to memorize Scripture dealing with the issue(s) they are battling with:

Psalm 119:11 -- *Thy word have I hid in mine heart, that I might not sin against thee.*

#### E. **Be Confident in your Salvation**

One of the ministries of the Holy Spirit is to assure us regarding our salvation. "*The Spirit himself bears witness with our spirit that we are the sons of God*" (Romans. 8).

When we grieve Him because of sin (Ephesians 4) or quench Him because of unbelief (I Thessalonians 5), we forfeit His ministry of convincing our spirit that we belong to God.

Satan plagues the mind; he torments the spirit of the one who lives in continual doubt of his salvation.

Paul said, "*I know whom I have believed, and am persuaded that He is able to keep that which I have committed unto Him against that day.*"

## **F. Know the Scripture**

### **V. 17**

"Sword of the Spirit" - Hebrews 4:12; Revelation 19:15

The weapon He uses to convict, rebuke, encourage the hearts of men is His inscripturated oracles, the Bible (Hebrews 4:12 - "*For the word of God is quick, and powerful and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.*")

A sword is an offensive and defensive weapon.

The Word of God offensively brings people to their knees so that they become captives of Jesus Christ ("*He led captivity captive*").

The Word of God defensively fights off false doctrine (Satanic distortions of God's truth).

It also defensively fights off temptations (Matthew 4 - "*It is written*").

## **G. Pray Continually**

In war times, one of the greatest tactics is to cut the lines of communication; to cut the telegraph wires; to jam and scramble the messages; to sabotage the phone lines.

## **Chapter 6**

### **Basic Bible Counseling**

#### **VI. GOD'S SECRET FOR BELIEVERS TO EXPERIENCE VICTORY OVER SIN**

##### **ROMANS 6:1-14**

What shall we say then? Shall we continue in sin, that grace may abound? [2] God forbid. How shall we, that are dead to sin, live any longer therein? [3] Know ye not, that so many of us as were baptized into Jesus Christ were baptized into his death? [4] Therefore we are buried with him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life. [5] For if we have been planted together in the likeness of his death, we shall be also in the likeness of his resurrection: [6] Knowing this, that our old man is crucified with him, that the body of sin might be destroyed, that henceforth we should not serve sin. [7] For he that is dead is freed from sin. [8] Now if we be dead with Christ, we believe that we shall also live with him: [9] Knowing that Christ being raised from the dead dieth no more; death hath no more dominion over him. [10] For in that he died, he died unto sin once: but in that he liveth, he liveth unto God. [11] Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord. [12] Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof. [13] Neither yield ye your members as instruments of unrighteousness unto sin: but yield yourselves unto God, as those that are alive from the dead, and your members as instruments of righteousness unto God. [14] For sin shall not have dominion over you: for ye are not under the law but under grace.

**\* We as believers can experience victory over sin!**

**3 key truths:**

##### **A. REALIZE YOUR RELATIONSHIP TO CHRIST (v. 3-10)**

(Know who you are "in Christ") You need to know that:

1. Union with Christ is union with His death (a look back - v. 3-4, 6-7)

"People today talk of their act of daily crucifying the "old man." It stirs up pride to try to do something by crucifying the old man -- Christ has already gotten the victory!

Galatians. 2:20 - "I am crucified with Christ . . ."

V. 6b - "Not serve sin" = personification. Paul views sin ("him") as a ruling force that demands submission from its subjects.

\*\* Don't take orders from that old master, old slave driver!

V. 7 - Impossible for a "dead man to serve sin"

If we would recognize and meditate on our new relationship to Christ (our new Master), we would see that we no longer have an obligation to the old master. Paul sees the reality of the risen Christ as being a source of power which enables believers to sustain a different motivation, orientation, and lifestyle

(cp. Romans. 7:6, I Corinthians 15:45, II Corinthians 3:6, Colossians 3:1).

2. Union with Christ's death is union with His resurrection (a look ahead - v. 5, 8-10)

## **B. BELIEVE THAT CHRIST SET YOU FREE! (v. 11)**

("Reckon" your new life "in faith")

1. Live as if you were "dead to sin" (v. 11a)
2. Live as if you were already resurrected (v. 11b) Reckoning is the key to victory.

"Reckon" - to consider, evaluate, calculate, think.

\* Add up the facts in v. 1-10 and reckon yourself as if you were dead to sin and alive to God.

\* Look at yourself in the true light

The reality of death with Christ and the certainty of a future life with Him supplies the motive for present moral purity.

NOTE: Paul does not command you to "die as Christ died" or to "live as Christ lived."

Continually, constantly remind yourself of the truth - I am dead to sin in my position "in Christ."

Most believers either:

- 1) Don't know their position or
- 2) Don't meditate on it or
- 3) Forget to continually view themselves as God sees them, and so fall into sin.

### C. **OBEY ONLY YOUR NEW MASTER (v. 12-13)**

("Yield" your life over to God "in action")

#### 1. Don't yield to sin (your enemy) (v. 12-13a)

Paul pictures (personifies) "sin" as if he were a dictator - demanding obedience to military service and providing soldiers with rations to satisfy lustful appetites.

Don't give that ruler the opportunity to use your body parts for his wicked purposes.

"**Instruments**" = weapons of warfare (in this battle) "Don't take your weapons and give them to the enemy!"

You would be: traitor - foolish - disloyal - treason in this spiritual war

#### 2. Do yield to God (your ally) (v. 13b)

### **CONCLUSION: (v. 14)**

Verse 14 is a positive, encouraging statement:

*"Sin will (future) not have dominion over you."*

**The Law**- commands, demands, rebukes, condemns, and restrains, but can't save or give victory over sin.

**Grace** - gives salvation and victory (we are dead to what Jesus died to sin, death, and the curse of the Law).

Live with the consciousness that you belong to Christ and let this be the motive for Godly living.

**Know, Reckon, and Yield!**

**Ephesians. 6:10-18**

Finally, my brethren, be strong in the Lord, and in the power of his might. [11] Put on the whole armour of God, that ye may be able to stand against the wiles of the devil. [12] For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. [13] Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand. [14] Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; [15] And your feet shod with the preparation of the gospel of peace; [16] Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. [17] And take the helmet of salvation, and the sword of the Spirit, which is the word of God: [18] Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;

## **Chapter 7**

### **Basic Bible Counseling**

#### **VII. GOD'S BASICS FOR SUCCESSFUL CHRISTIAN LIVING**

Many Christians live under the delusion that complex problems demand complex answers.

**This simply is not true!**

**\* We need to get back to the basics of the Christian life!**

When counseling believers, the counselor must expect that the Counselee be faithful in fulfilling God's 3 basics for the successful Christian life.

**Three safeguards to prevent fatalities (casualties) among Christians:**

1. **THE BASIC ESSENTIAL OF PRAYER** (Luke 18:1-8)

(Through prayer, we commune with God)

Luke 18:1 - *And he spake a parable unto them to this end, that men ought always to pray, and not to faint;*

#### **Luke 18:2-8**

Saying, There was in a city a judge, which feared not God, neither regarded man: [3] And there was a widow in that city; and she came unto him, saying, Avenge me of mine adversary. [4] And he would not for a while: but afterward he said within himself, Though I fear not God, nor regard man; [5] Yet because this widow troubleth me, I will avenge her, lest by her continual coming she weary me. [6] And the Lord said, Hear what the unjust judge saith. [7] And shall not God avenge his own elect, which cry day and night unto him, though he bear long with them? [8] I tell you that he will avenge them speedily. Nevertheless when the Son of man cometh, shall he find faith on the earth?

#### **The Necessity of Prayer (why pray?)**

When we pray we are not telling God or asking God for something He is not aware of already - so why pray?

Basically for 3 reasons: 1) it pleases God, 2) it glorifies God, and 3) it benefits us.

- a. **It pleases God** (He desires it) Proverbs.15:8
- 1) It is the WILL OF GOD  
 I Thessalonians 5:17,18 - *"Pray without ceasing. In everything give thanks: for this is the will of God in Christ Jesus concerning you."*  
 I Timothy.2:8 - *"I will therefore that men pray everywhere, lifting up holy hands, without wrath and doubting."*
  - 2) It is a COMMAND OF GOD Philippians4:6; Ephesians.5:18; Psalm.27:8; Lk.18:1  
 Colossians4:2 - *"Continue in prayer, and watch in the same with thanksgiving."*  
 I Peter4:7 - *"But the end of all things is at hand: be ye therefore sober, and watch unto prayer."*  
 Romans.12:12; I Timothy.2:1; Ephesians.6:18,19 (note: the word "all")

b. **It glorifies God** (He is shown (proven) to be mighty, sovereign, faithful, etc.)

- 1) It reveals GOD'S GREATNESS

**Jer.33:3**

- 2) It reveals MAN'S DEPENDENCE

In prayer (worship, praise) you are acknowledging God for who He is.

In prayer (asking forgiveness) you are acknowledging your own sinfulness and need for forgiveness.

In prayer (making personal requests known) you are acknowledging your dependence. (i.e. that you do not know all, nor do all - that is - we can't do that which is of eternal worth by ourselves)

c. **It benefits us**

- 1) Prayer is God's appointed way for His children to receive things  
 The world expects to get things solely by work, planning, scheming or by accident. *"Ye have not because you ask not"* James4:2 (not because you work not, plan not etc.) Our needs are met by prayer:  
 -- God wants to give guidance (An ability to know) Proverbs.3:5 and 6; Joshua.9:14.

-- God wants to give us an ability to do that which we (by ourselves) cannot. Matthew 17:21.

-- God wants to give us gifts (blessings) to have that which we do not have the ability acquire for ourselves

2) Prayer is God's way for Christians to have the fullness of joy. Prayer is the secret to gaining real joy!

John. 16:24 - *"that your joy may be full"*

3) Prayer is needed to give us Spiritual revival

"It is foolish and wicked to try to do God's work without God's power"  
II Chronicles 7:14

We are always looking for better methods (programs), what we need is better men - men & women of prayer.

## 2. THE BASIC ESSENTIAL OF THE WORD (I Peter 2:2)

(Through the Word, God communes with us)

"**Desire**" - this word is an imperative, a command. God is calling on us to crave His Word. To long for it (like David did - Psalm. 119:131 - *"I opened my mouth, and panted: for I longed for thy commandments."*)

God often refers to His Word as food:

-- *Meat* (Hebrews 5:14; I Corinthians 3:1-3)

-- *Bread* (Matthew 4:4)

-- *Necessary food* (Job 23:12)

### a. The Pre-Requisites to desiring the word (v. 1, 3)

1) *"Wherefore laying aside"* -

Sin will rob your appetite for God's Word. You must get rid of certain things that prevent the Word from benefiting you.

(cp. James 1:21 - *"Wherefore lay apart all filthiness and superfluity of naughtiness, and receive with meekness the engrafted word, which is able to save your souls."*) "**Malice**" - bad attitudes toward others

"**Guile**" - deceitful behavior toward others "**Hypocrisies**" - phony (fake) pretense in front of others "**Envies**" - Covetousness toward others

"**Evil speaking**" - back-biting or slandering others

2) *"If so be ye have tasted that the Lord is gracious"* (v. 3)

One who has not *"tasted"* the Lord's grace in salvation will not have an appetite for His Word.

b. The **Purity** of the word (v. 2)

**"Sincere"** - pure, no bait, traps or tricks. God's Word is not hypocritical and unadulterated.

c. The **Purpose** of the Word: *"that ye may grow"*

**"Grow"** - to increase in size and strength. God's Word will nourish you, strengthen you, build you, etc. We grow spiritually as our faith grows and our faith only grows by hearing and reading God's Word (Romans. 10:17).

### 3. THE BASIC ESSENTIAL OF **THE ASSEMBLY** (Hebrews 10:24-25)

(Through the assembly, we commune with each other)

**"Consider"** = to pay careful attention to one another; to focus our thoughts on the needs of others; to take interest in one another; being thoughtful or considerate of others is the idea.

**"To Provoke"** - a strong word, meaning to incite (EX; of a mob); to spur on (EX: of a horse); to stimulate a response; to stir up to action; to irritate; to push someone or practically compel them into doing something.

NOTE: The word order is not "good works and love" but "love and good works." Why? Because good works flow out of an attitude of love. Love is the motivation for good works.

**"To love"** - an agape love toward God and man (Matthew 22:37-39); having such love will fulfill every law! (v. 40 - cp. Romans. 13:8 ["Owe no man anything, but to love on another: for he that loveth another hath fulfilled the law"]; and Galatians. 5:14 ["For all the law is fulfilled in one word, even in this: Thou shalt love thy neighbour as thyself"]).

True love may confront, and love may rebuke, but true love never neglects.

-- Passive Christianity is unbiblical!

-- Laissez-faire ("hands-off") Christianity is sin!

-- Being an isolationist, or spiritual hermit or monk is a violation of Hebrews 10:24 After the exhortation of V. 24, the question now is: "How can we provoke one another?" "In what setting does this mutual encouragement take place?" **Answer:** In the assembly (v. 25)

When a believer becomes lax in his assembling with God's people, other believers are to speak to him about it and provoke him to do what is right.

a. We have an important **WARNING** to assemble (v. 25a)  
"**Forsake**" = to leave behind; to neglect something or forget about it.  
Just as Christ will never abandon His bride (Hebrews 13:5), so we should never abandon our brothers.

To forsake the assembly is to be inconsiderate of others (Note: the participle "*not forsaking*" is modifying the verb consider [v. 24]).

"**The assembling**" = the gathering together ("episunagoge").  
This word points to a specific gathering; and an organized gathering.

"**As the manner of some is**" - Skipping church is not merely a contemporary problem but has been a frustration to pastors throughout church history.

"**Manner**" = habit or custom, a pattern of life

"**Of some**" = thank God not every believer has this problem; just "some"

The best habit any believer could have is to be faithful to at least each of the main services of their church.

b. We have an important **REASON** to assemble (v. 25b)

The main purpose of the church is exhortation! That is, encouragement and comfort that comes from the public preaching of God's Word!

Such exhortation is God's way of equipping each church member to serve Him

**(SEE: Ephesians 4:11-12)** We all need exhortation! Hebrews 3:13 - "But exhort one another daily, while it is called to day; lest any of you be hardened through the deceitfulness of sin."

There is strength in knowing we are not alone. We have the greatest support group available! We are a co-dependent and unified body!

c. We have an important **TIME** to assemble (v. 25c)

**"And so much the more"** = And all the more

The Lord is telling us that assembling will be all the more important, as ye see the day approaching.

What is meant by the phrase "the Day?" Answer: "The Day of the Lord"

The phrase "the day" is a technical phrase when it occurs without an antecedent, pointing to a most momentous Day; a great and awesome Day; a vitally important Day - namely, The Day of Christ's return (Rapture) and the wrath of God which follows. As the end draws nearer the need to assemble will become greater than ever.

## **Chapter 8**

### **Basic Bible Counseling**

#### **VIII. HOW TO HAVE THE RIGHT APPROACH AND RIGHT ATTITUDES IN COUNSELING**

##### **PART 1: COUNSELORS NEED:**

##### **A balanced approach to ministering Key Text: I Thessalonians 2:1-12**

For yourselves, brethren, know our entrance in unto you, that it was not in vain: [2] But even after that we had suffered before, and were shamefully entreated, as ye know, at Philippi, we were bold in our God to speak unto you the gospel of God with much contention. [3] For our exhortation was not of deceit, nor of uncleanness, nor in guile: [4] But as we were allowed of God to be put in trust with the gospel, even so we speak; not as pleasing men, but God, which tries our hearts. [5] For neither at any time used we flattering words, as ye know, nor a cloke of covetousness; God is witness: [6] Nor of men sought we glory, neither of you, nor yet of others, when we might have been burdensome, as the apostles of Christ. [7] But we were gentle among you, even as a nurse cherisheth her children: [8] So being affectionately desirous of you, we were willing to have imparted unto you, not the gospel of God only, but also our own souls, because ye were dear unto us. [9] For ye remember, brethren, our labour and travail: for laboring night and day, because we would not be chargeable unto any of you, we preached unto you the gospel of God. [10] Ye are witnesses, and God also, how holily and justly and unblameably we behaved ourselves among you that believe: [11] As ye know how we exhorted and comforted and charged every one of you, as a father doth his children, [12] That ye would walk worthy of God, who hath called you unto his kingdom and glory.

The best counselor is one who has a Holy Spirit produced balance in his/her personality. Some people are rough (no compassion). Some are soft like sponges (no backbone).

Some are strictly business-oriented (cold and "plastic").

In the Bible Moses was meek, yet stern. David was tender-hearted yet had firm convictions.

### **Jesus was perfectly balanced in His personality.**

- 1) He was trustworthy in carrying out His Father's will. He would do His task, and nothing would interfere. (John 5:30; 6:38)
- 2) He was gentle when John lay on His bosom, when He dealt with the woman at the well. (John 13:23)
- 3) He was stern when He turned over the money changers' tables and when He rebuked the Pharisees. (Matthew 21:12)

Paul said: "I will become all things to all men..." (I Corinthians 9:22)

#### **(V. 1)**

Paul, Timothy, and Silas had an effective ministry not only because of what they said but because of what they were (their sincere character) and how they said it (their balanced personality).

We all want effectiveness in ministry. We don't want to labor in vain.

### **A balanced approach in dealing with people is vital to effective ministry.**

(To influence others for God, you need a Godly balance in the way you deal with people)

(To be effective in your evangelism and discipleship, you must have the qualities that Paul had)

### **3 Qualities (characteristics):**

1. Honest Steward (v. 2-5)
2. Gentle Mother (v. 6-9)
3. Concerned Father (v. 10-12)

A steward is duty-oriented. His only concern is getting the job done right (ethically and honestly)

A mother is care oriented. She is careful about how she treats people (particularly her children).

A father is training/discipline oriented. He is concerned about what he does, what he does with his children.

## 1. TO BE EFFECTIVE IN MINISTERING GOD'S WORD, YOU NEED THE QUALITY OF AN HONEST STEWARD (v. 2-5)

(Paul's Motive)

- The picture of "steward" comes from the words "put in trust" (v. 4)
- A steward is one who is put in trust (in charge) with something. He owns nothing but manages what belongs to His master (EX: Joseph., Genesis 39:1-6).
- A steward is task-oriented. He has a job to do and he does it. An Honest Steward:

### a. **Tells the truth with boldness** (v. 2)

As stewards, we have no choice but to guard and invest the Gospel for our Savior. Our boldness (courage, liberty) to speak the Gospel does not come from ourselves.

We are "bold in our God!" An Honest Steward:

### b. **Tells the truth with the right motives (to please God)** (v. 3-4)

You can please men with externals. But you can only please God if He approves of your heart.

An Honest Steward:

### c. **Tells the truth with sincerity** (v. 5)

When you give Biblical Advice, don't butter up the person. Don't ever lie and tell people something about themselves that you really don't mean. Be sincere! Don't stoop to use gimmicks. Be straight-forward with people. They will appreciate you for it! I don't mean to be rude and crude but be honest in a loving way. David hated flattery (Psalm. 12:2).

## 2. TO BE EFFECTIVE IN MINISTERING GOD'S WORD, YOU NEED THE QUALITY OF A GENTLE MOTHER (v. 6-9)

(Paul's Manner)

The picture of a "mother" comes from v. 7.

- a. A gentle mother is **not burdensome** (v. 6)
- b. A gentle mother shows **warm affection** (v. 7)
- c. A gentle mother shows **sacrificial love** (v. 8-9)

### 3. TO BE EFFECTIVE IN MINISTERING GOD'S WORD, YOU NEED THE QUALITY OF A CONCERNED FATHER (v. 10-12)

(Paul's Method)

The picture of "father" comes from v. 11.

- a. A concerned father is godly in his walk (v. 10)  
He sets the proper example
- b. A concerned father is serious in his words (v.11-12) Be balanced with:
  1. Exhortation (to affect the intellect)
  2. Comfort (to affect the emotion)
  3. Insistence (to affect the will)

### **PART 2: COUNSELORS NEED:**

**Wisdom to know how to apply God's "Medicine" to those who are spiritually ill.**

**Key text:** I Thessalonians 5:14-15

We are called to be spiritual physicians and spiritual workers who must know how to handle the irritable. We must know how to deal with those who "rub us the wrong way"; those who "get under your skin."

As Christian counselors, we need to learn how to help the helpless, to direct the directionless, to encourage the discouraged, to love the unlovable.

**(V. 14)**

*"Brethren"* = God is addressing believers in general.

While dealing with faulty members is in a special measure the responsibility of the pastor, it is not confined to him. All believers must be ready to minister!

(D. Edmond Hiebert, I Thessalonians, p. 234).

The three classes of Christians in need of help may have been the 3 groups who already had their problems addressed in this letter:

1. "Unruly" = idlers (4:11-12)
2. "feeble-minded" = worried about death and salvation (4:14-17; 5:9-11)
3. "Weak" = those who were tempted to lapse into immorality (4:2-8)

Three types of people needed special attention in the Thessalonian church, and each type needed different treatment.

Different needs must be handled in different ways.

**We must apply GOD'S MEDICINE to those who are spiritually ill.**

(See: I Thessalonians 5:14)

What does God prescribe?

**1. God prescribes confrontation of those who go astray**

(We must help straighten out the thinking of those who go astray)

"Unruly" = a military term that described a soldier who neglected his duty and was out of order, out of step, and out of rank. It also described an army that was marching and advancing toward the enemy in disarray (disorderly confusion).

One who is unruly is one who...

- 1) is not doing what he should do (sin of omission) EX: not working (cp. II Thessalonians 3:6 - idleness)
- 2) is doing what he should not do (sin of commission) How do we handle such a person?

"Warn" = is the same word as translated "admonish" in f. 12. It basically means to put into the mind, to confront the mind; to correct someone's thinking.

**Thinking affects behavior.**

Wrong thought patterns result in wrong patterns of behavior.

Many times, we waste a lot of time trying to change someone's external actions without dealing with the cause (the root) of sinful thinking. What a person thinks reveals what he is (his character)

To confront someone who is going astray, you need:

1. To know Bible doctrine
2. To have courage and boldness (confrontation is not easy)

**2. God prescribes comfort for those who are easily discouraged**

(We must strengthen the hearts of those who are easily discouraged)

The word translated "feeble-minded" does not refer to someone with a mental deficiency, but to someone who has a mind and heart filled with worry, fear, and discouragement (the word literally means "little-souled").

## Why do people get discouraged?

### a. Adverse circumstances

(financial misfortune, physical suffering, opposition for the faith, family hardships)

### b. Struggle with sin

(a deep consciousness of their own sinfulness which causes them to despair of being able to live the Christian life - Hiebert, p. 235)

Many people seem by nature (old nature, of course) to be negative. Perhaps through the parental example, they learned to fear the worst. They face each trial in life with apprehension and timidity.

What they don't need is for you to pound them over the head and say, "I can't understand how you can be this way! Don't you know the Bible says that `God has not given us the spirit of fear but of power and love and of a sound mind?'" (II Timothy. 1:7). I'm not saying this verse is not a good one for this type of person. It's excellent! It's how you say it that matters!

Don't blast him! (he needs to be cheered up, not chopped down).

The discouraged Christian does not need to be rebuked like those who are deliberately walking disorderly. He needs to be cheered up; softly and tenderly encouraged; stimulated by caring words--well-thought-out words; to continue in the battle; to not give up; to re-focus his eyes on Christ and the promises of God!

## 3. God prescribes support for those who are without strength

(We must support the weak knees of those who can't stand on their own)

It is said of Job that he was a man who "strengthened the weak hands." His words had held up "him that was falling." And he had strengthened the feeble knees (Job 4:3-4).

"Weak" = lit. "without strength" The word here does not refer to physical weakness in context, but to moral and spiritual weakness.

### a. **Weak areas are often problems of the lust of the flesh.**

Examples:

- 1) Poor self-discipline
- 2) Out of control appetites
- 3) Sinful thought life

"Support" = lit. to "hold on firmly" or to "cling on" to someone It means to give support to someone by putting your arms around the weak and holding him up. God is not calling on us to condone sin!

We are never to sympathize with the sin, but with the struggling sinner. We are not to smear the sin in their face, but we are to lift them up out of it!

**b. How can we support (hold up) those who are sapped of spiritual vigor or moral muscle?**

- 1) They must confess their weak areas to you (James 5:16)
- 2) You must keep the information confidential and pray for your brother or sister (James 5:16)
- 3) In an encouraging way, you must hold that person accountable. (Periodically check up on that person)

**4. God prescribes patience in all cases**

(We must suffer along with everyone we care for)

Patience is how you apply the medicine. It's your attitude in putting on the needed balm.

"Patient" = to be long-fused; long-tempered; lit. to be able to put up with "much internal heat" without "blowing your top" or "Losing your cool" with someone. "Patient toward all" - would specifically include those 3 types of people just mentioned. It would be easy to lose your patience with the unruly, feeble-minded, and weak

## Chapter 9

### Basic Bible Counseling

#### IX. Wonderful Counselor

**Isaiah 7:14 NKJV** Therefore the Lord Himself will give you a sign: Behold, the virgin shall conceive and bear a Son, and shall call His name Immanuel.

**Matthew. 1:22-23** So all this was done that it might be fulfilled which was spoken by the Lord through the prophet, saying: <sup>23</sup> *“Behold, the virgin shall be with child, and bear a Son, and they shall call His name Immanuel,”* which is translated, “God with us.”

**Isaiah 9:6 KJV** For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, The Prince of Peace.

**Isaiah 9:6 NIV** For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, *(no comma)* Everlasting Father, Prince of Peace.

**NLT** <sup>6</sup>For a child is born to us, a son is given to us. And the government will rest on his shoulders. These will be his royal titles: Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.

1. Wonderful: Pe’leh in Hebrew- wonder, marvel
  - a. wonder (extraordinary, hard to understand a thing)
  - b. wonder (of God's acts of judgment and redemption)
2. 2. Counselor: Yawats in Hebrew- to advise, consult, give counsel, purpose, devise, plan
  - a. (Niphal) to consult together, exchange counsel, deliberate, counsel together
  - b. (Hithpael) to conspire
  - c. to lead and guide

## I. Introduction –Talk about Counselors

## II. Body

### A. As Wonderful Counselor, God Became Available to us.

He became *a personal God...*

We have an high priest...

His very name...**Immanuel**, God with us!

**JESUS**-Jehovah (God) has become our savior!

1. The name "Counselor" speaks of His wisdom (Omniscient-ALL KNOWING)
2. You know when wisdom is worthless???
  - a. When it is not available
  - b. or When it cannot be applied to your Life
  - c. But with Jesus, it is available and can be applied to your life.
3. **Jesus became available to us (NLT) Philippians 2:5-7** <sup>5</sup>Your attitude should be the same that Christ Jesus had. <sup>6</sup>Though he was God, he did not demand and cling to his rights as God. <sup>7</sup>He made himself nothing; he took the humble position of a slave and appeared in human form.

**NIV Hebrews 4:14** Therefore, since we have a great high priest who has gone through the heavens, Jesus the Son of God, let us hold firmly to the faith we profess. <sup>15</sup>For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet was without sin. <sup>16</sup>Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

- a. He came to us in a manger (Luke 2:1-7)
- b. His birth was announced to shepherds (Luke 2:8-14)
- c. Wise men came to worship Him (Matthew. 2: 1-11)

4. During His ministry, Jesus was always available
  - a. Available to children and adults
  - b. Available to rich and poor
  - c. Available to sinners like you and me

Aren't you glad He is available to us...Always (He never sleeps or slumbers)

#### **B. As Wonderful Counselor, He Came with Answers to Our problems.**

Most people have problems or needs. Amen? Jesus has all the answers...

1. He had Answers for the doctors in the temple (Luke 2:41-52)
2. He had Answers for Nicodemus, a ruler of the Jews (John 3)
3. He had Answers for His critics (John 2:18-22)
4. He has Answers about **eternity**

**a. There is the promise of heaven** (John 14:1-6 <sup>1</sup> “Let not your heart be troubled; you believe in God, believe also in Me. <sup>2</sup> In My Father’s house are many mansions;[a] if *it were not so*, I would have told you. I go to prepare a place for you.[b] <sup>3</sup> And if I go and prepare a place for you, I will come again and receive you to Myself; that where I am, *there* you may be also. <sup>4</sup> And where I go you know, and the way you know.”

- 5 Thomas said to Him, “Lord, we do not know where You are going, and how can we know the way?”
- 6 Jesus said to him, “I am the way, the truth, and the life. No one comes to the Father except through Me.)

## **Chapter 10**

### **What Are Some Causes of Low Self Esteem?**

#### **2 Corinthians 4:16**

“For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day.”

Paul had faced sufferings, trials, and distress as he preached the Good News. But he knew that they would one day be over, and he would obtain God’s rest and rewards. As we face great troubles, it’s easy to focus on the pain rather than on our ultimate goal. Just as athletes concentrate on the finish line and ignore their discomfort, we too must focus on the reward for our faith and the joy that lasts forever. No matter what happens to us in this life, we have the assurance of eternal life, when all suffering will end, and all sorrow will flee away (Isaiah 35:10).

It is easy to lose heart and quit. We all have faced problems in our relationships or in our work that have caused us to want to think about laying down the tools and walking away. Rather than giving up when persecution wore him down, Paul concentrated on experiencing the inner strength from the Holy Spirit (Ephesians 3:16). Don’t let fatigue, pain, or criticism force you off the job. Renew your commitment to serving Christ. Don’t forsake your eternal reward because of the intensity of today’s pain. Your very weakness allows the resurrection power of Christ to strengthen you moment by moment.

Our troubles should not diminish our faith or disillusion us. We should realize that there is a purpose in our suffering. Problems and human limitations have several benefits: (1) they remind us of Christ’s suffering for us; (2) they keep us from pride; (3) they cause us to look beyond this brief life; (4) they prove our faith to others; and (5) they give God the opportunity to demonstrate his power. See your troubles as opportunities!

#### **Exodus 4:10-14**

And Moses said unto the Lord, O my Lord, I am not eloquent, neither heretofore, nor since thou hast spoken unto thy servant: but I am slow of speech, and of a slow tongue. [11] And the Lord said unto him, Who hath made man's mouth? or who

maketh the dumb, or deaf, or the seeing, or the blind? have not I the Lord? [12] Now therefore go, and I will be with thy mouth, and teach thee what thou shalt say. [13] And he said, O my Lord, send, I pray thee, by the hand of him whom thou wilt send. [14] And the anger of the Lord was kindled against Moses, and he said, Is not Aaron the Levite thy brother? I know that he can speak well.

And also, behold, he cometh forth to meet thee: and when he seeth thee, he will be glad in his heart.

Low self-esteem might come from tragic circumstances in one's life---such as having been conceived out of wedlock or conceived as the result of a rape or incest. This might cause one to have a low opinion of themselves---but it is possible to overcome and rise above the knowledge of such a horrible event.

Children often suffer low self-esteem because of the way their parents live and conduct themselves. Perhaps they have a parent on drugs, in prison, one who drinks, goes out partying, dresses immodestly, or because they come from a broken home. We must learn that we are not responsible for the evil deeds of others

Moses pleaded with God to let him out of his mission. After all, he was not a good speaker and would probably embarrass both himself and God. But God looked at Moses' problem quite differently. All Moses needed was some help, and who better than God could help him say and do the right things. God made his mouth and would give him the words to say. It is easy for us to focus on our weaknesses, but if God asks us to do something, then he will help us get the job done. If the job involves some of our weak areas, then we can trust that he will provide words, strength, courage, and ability where needed.

### **Ezekiel 18:20**

The soul that sinneth, it shall die. The son shall not bear the iniquity of the father, neither shall the father bear the iniquity of the son: the righteousness of the righteous shall be upon him, and the wickedness of the wicked shall be upon him.

### **2 Corinthians 5:10**

"For we must all appear before the judgment seat of Christ; that every one may receive the things done in his body, according to that he hath done, whether it be good or bad."

Children often suffer low self-esteem because of the way their parents live and conduct themselves. Perhaps they have a parent on drugs, in prison, one who drinks, goes out partying dresses immodestly or because they come from a broken home. We must learn that we are not responsible for the evil deeds of others

One of the most recognized reasons for low self-esteem today is physical and emotional abuse. A parent or spouse may physically beat and scare a person so as to make them feel worthless. An uncaring husband might tell his wife that she is lazy, fat, stupid and good for nothing---this emotional beating is just as abusive as a physical beating. Many children suffer constant criticism, and some are even beaten or sexually abused---but it is possible to get past these terrible experiences with God's help. Suffering is very hard, but as did Job in the Old Testament---we also can overcome.

## **2 Samuel 11:12**

And David said to Uriah, Tarry here today also, and tomorrow I will let thee depart. So Uriah abode in Jerusalem that day, and the morrow.  
When Saul heard the people praising David, he began to hate David.

## **Psalm 32:1-7**

Blessed is he whose transgression is forgiven, whose sin is covered. [2] Blessed is the man unto whom the Lord imputeth not iniquity, and in whose spirit there is no guile. [3] When I kept silence, my bones waxed old through my roaring all the day long. [4] For day and night thy hand was heavy upon me: my moisture is turned into the drought of summer. Selah. [5] I acknowledged my sin unto thee, and mine iniquity have I not hid. I said, I will confess my transgressions unto the Lord; and thou forgavest the iniquity of my sin. Selah. [6] For this shall every one that is godly pray unto thee in a time when thou mayest be found: surely in the floods of great waters they shall not come nigh unto him. [7] Thou art my hiding place; thou shalt preserve me from trouble; thou shalt compass me about with songs of deliverance. Selah.

## **There are three views to consider when looking at our self-esteem:**

1. The view God has of us
2. The opinions others have of us
3. The opinion we have of ourselves Romans 11:20

“Well; because of unbelief they were broken off, and thou standest by faith. Be not high minded, but fear:”

To be able to enjoy a well-balanced, fulfilled life we must search the Scriptures (Acts 17:11) and do as the wise man, Solomon said, "...Fear God and keep His commandments, for this is the whole duty of man" (Ecclesiastes 12:13). This is such a simple formula---but most blow it off as being too simple

"...God sees not as man sees, for man looks at the outward appearance, but the Lord looks at the heart "(I Samuel 16:7). "...For Thou alone doest know the hearts of all the sons of men" (I Kings 8:39). "...For the Lord is a God of knowledge and with Him actions are weighed" (I Samuel 2:3). In John 2:25 Christ said for He Himself knew what was in a man. "If some of the world's "beautiful people" were turned inside out, and revealed as God sees them, how grotesque they might appear

We are made in the very image of God (Genesis 1:26). He was aware of every detail of our lives before we were born (Psalm. 139:14-16). He knows everything about us -- what we need, what we eat or drink (Matthew. 6:25-32). He even knows the number of hairs on our head (Matthew. 10:30). We are of great value to Him. We can also know how valuable we are to God because He gave His only begotten Son as a free gift to redeem mankind (John 3:16). He doesn't want anyone to perish (II Peter 3:9). In Luke 15 we can see the value of each individual soul. When the Word (John 1:1) became flesh (John 1:14), He left His perfect home in Heaven where He was equal to God, the Father (Philippians 2:6) and assumed His submission role as God

Paul addresses the idea of self-esteem in Philippians 2:3-8, "Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves. "There are six things which the Lord hates, Yes, seven which are an abomination to Him: Haughty eyes, a lying tongue, and hands that shed innocent blood, a heart that devises wicked plans, feet that run rapidly to evil, a false witness who utters lies, and one who spreads strife among brothers" (Proverbs 6:16-19).

Paul said, "Let this mind be in you, which was also in Christ Jesus" (Philippians2:5). In order to esteem others more highly than ourselves, we must try

to be like Christ---to think and act as He would. This means becoming a servant (Matthew. 20:27), showing true humility, "Humble yourselves in the sight of the Lord, and He shall lift you up (James 4:10). To be humble requires a conscious effort, Peter said, "...and all of you, clothe yourselves with humility toward one another, for God is opposed to the proud, but gives grace to the humble.

Humble yourselves, therefore, under the mighty hand of God, that He may exalt you at the proper time, casting all your anxiety upon Him, because He cares for you" (I Peter 5:5-7). Christ humbled Himself in John 13:4-5 when He washed the disciple's feet. Finally, He humbled Himself and He "...became obedient unto death, even the death of the cross" (Philippians 2:8). His humility and obedience are an example for us.

Look not every man on his own things, but every man also on the things of others. Let this mind be in you which was also in Christ Jesus: Who, being (existing ASV) in the form of God, thought it not robbery to be equal with God (counted not the being on an equality with God a thing to be grasped ASV): But made himself of no reputation (emptied himself ASV), and took upon Him the form of a servant, and was made in the likeness of men: and being found in fashion as a man, He humbled Himself,, and became obedient unto death, even the death of the cross. "

He created us, and He knows what is necessary for us to have a happy, successful, and rewarding life-and then we will have Biblical self-esteem. God created us, and we have an "instruction manual" the Bible so we know how to live according to His will. We are free moral agents and can ignore the instruction manual---but we will fail if we ignore it. God supplies us with everything we need to live---we need only use His "instruction manual".

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