

Helping People Change: An Introduction to Biblical Counseling

Session 1 – February 11, 2016

Class Introduction:

Over this six-week class, we will explore a general introduction into how people change, including a heart-based approach to counseling, the sufficiency of Scripture in counseling, and other resources that may assist us as we seek to help others change.

The focus throughout this class will be on *informal* counseling, so we will not deal directly with issues of *formal* counseling or certification. The context that we have in mind is that of *discipleship*. Our goal is to help equip you to be more effective and purposeful in your discipling ministry with others.

Class Schedule:

February 11	Coming Alongside Others: listening, speaking, loving	John
February 25	Understanding Behavior	Sam
March 10	Exploring the impact of medical illness, medications, addictions, and psychological diagnoses. Guest Panel with Phil Sasser and Sam Williams	Sam
March 24	Helping people deal with the past	Sam
April 14	Helping people deal with anxiety, fear, and stress	John
April 28	Helping people who are suffering	John

Class Resources:

There is no *textbook* for this class. We may make book recommendations throughout the sessions for further study. Each session may be approached as a stand-alone topic; however, the first three weeks will explore more foundational topics, and the last three classes will be more focused on applying those principles to a few common, specific areas of struggle.

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Resource Recommendations:

Introductory Books

Tripp, Paul David. *Instruments In The Redeemer's Hands*.

Phillipsburg, N.J.: P & R Pub., 2002.

Welch, Edward T. *Side By Side: Walking With Others In*

Wisdom and Love. Wheaton, IL: Crossway, 2015.

Other Ministry Resources:

☛ <http://www.ccef.org> (and *Journal of Biblical Counseling*)

☛ <http://www.biblicalcounseling.com>

Why are you here?

Take a few moments to write down why you are interested in the Biblical Counseling class? What do you hope to get out of it?

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Counseling Situations and Contexts

What kinds of situations are we preparing for in this class?

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Arriving at a Definition:

“Gospel-centered counseling...is the process of one Christian coming alongside another with words of truth to encourage, admonish, comfort, and help - words drawn from Scripture, grounded in the gracious saving work of Jesus Christ, and presented in the context of relationship.” (Elyse Fitzpatrick and Dennis Johnson, *Counsel from the Cross*)

Foundations for Biblical Counseling

- ❖ Our convictions about the nature of man
- ❖ Our convictions about redemption
- ❖ The sufficiency of Scripture
- ❖ The sufficiency of the Holy Spirit
- ❖ The sufficiency of the body of Christ (the church)

Biblical Foundations

- ❖ 1 Thessalonians 5:14
- ❖ Ephesians 4:11-16
- ❖ Galatians 5:22-25
- ❖ Hebrews 3:12-13

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- ❖ Galatians 6:1
- ❖ 2 Tim. 3:16-17
- ❖ 2 Peter 1:3-4
- ❖ Ephesians 4:17-24

You Are a Counselor

“If you are alive on this planet, you are a counselor! You are interpreting life, and sharing those interpretations with others. You are a person of influence, and you are also *being* influenced... The issue is not *who* is counseling. All of us are. The core issue is whether that counseling is rooted in the revelation of the Creator.” (Tripp, *Instruments*, p. 46)