

Biblical Counseling

*Introduction and What is
Biblical Counseling?*

Biblical Counseling

- *Our Biblical counseling class is a 13 week class.*
- *Setting expectations. Think “tip of the iceberg”*
- *My responsibility is to introduce you to Biblical counseling.*

Biblical Counseling

- *Roadmap for the class:*
- *Week 1: Introduction and What is Biblical Counseling? What are the alternatives?*
- *Week 2: Who needs Biblical Counseling?*
- *Week 3: Who should doing Biblical Counseling?*
- *Weeks 4-13: Instruments in the Redeemer's Hands.*

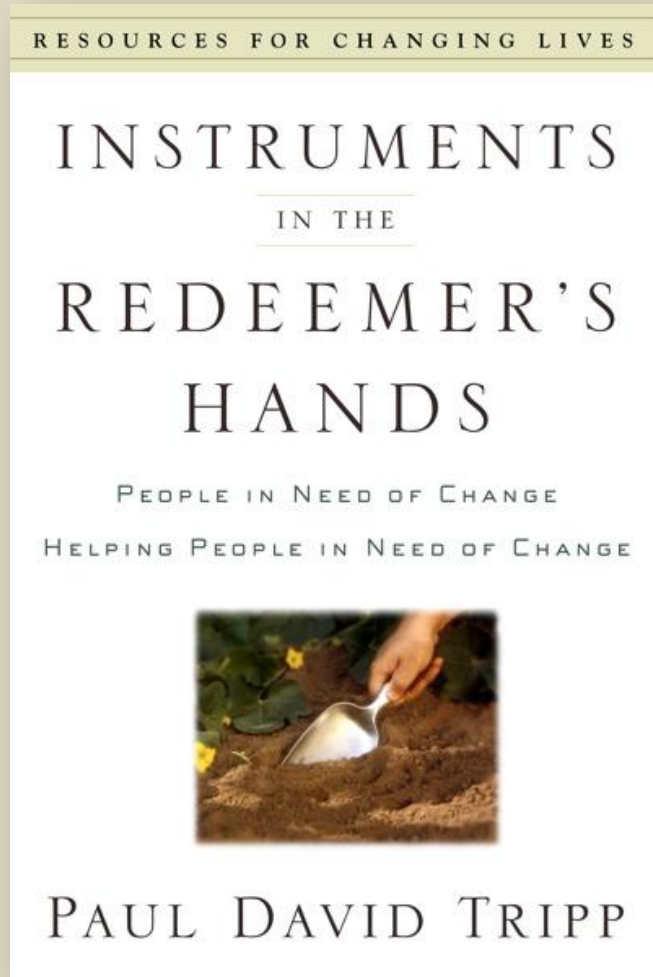
Biblical Counseling

- *Objectives for the class*
 1. *Understand what Biblical counseling is and is not*
 2. *Establish/confirm a conviction that the Bible is sufficient for Biblical change*

Biblical Counseling

- 3. Recognize our ongoing need for Biblical counseling*
- 4. Realize our need to be Biblical counselors*
- 5. Provide guidance on how to Biblically counsel*
- 6. Develop a burden to see an active Biblical counseling ministry within our congregation and to our community*

Biblical Counseling



- *The book for the course and excellent resource.*
- *Best place to purchase is Amazon.com*

Biblical Counseling

- *Today:*
- *What is Biblical counseling?*
- *What is not Biblical counseling?*
- *What are some alternatives to Biblical counseling?*

Biblical Counseling

- *There's nothing left to my marriage.*
- *The pistol is at my head.*
- *I just can't help it.*
- *God wants me to be happy, right?*

Biblical Counseling

- *What is Biblical counseling?*
- *Jay Adams is essentially the father of the modern Biblical counseling movement.*
- *He referred to counseling as nouthetic confrontation or nouthetic counseling.*



<http://www.nouthetic.org/jay-e-adams.html>,
accessed December 31, 2011

Biblical Counseling

- *Nouthetic counseling is essentially “loving confrontation”.*
- *Adams noted that there are three basic elements:*
- *Confrontation, concern, and change*

Biblical Counseling

- *By confrontation we mean that one Christian personally gives counsel to another from the Scriptures.*
- *By concern we mean that counseling is always done for the benefit of the counselee.*
- *By change we mean that counseling is done because there is something in another Christian's life that fails to meet the biblical requirements and that, therefore, keeps him from honoring God.*

Biblical Counseling

- *Biblical counseling is a commitment to God, His word, and His creatures to see Christ formed in the life of the counselee.*
- *Counseling is discipleship.*
- *Consequently, we counsel believers.*
- *What about unbelievers?*
- *We pre-counsel unbelievers.*
- *This is evangelism.*

Biblical Counseling

- *Biblical counseling is often defined in terms of core commitments.*
- *For example, David Powlison lists seven core elements of Biblical counseling.*

Biblical Counseling

- *Prominent individuals, institutions, and organizations that embrace Biblical counseling include:*
- *Jay Adams, David Powlison, John MacArthur, Wayne Mack*
- *Westminster Theological Seminary, The Master's College and Seminary, Central Baptist Theological Seminary*
- *CCEF, NANC; Journal of Biblical Counseling.*

Biblical Counseling

- *What is not Biblical counseling?*
- *Biblical counseling is not a simplistic view of the human condition.*
- *Biblical counseling is not a mean-spirited person barking out orders to a broken person.*

Biblical Counseling

- *Biblical counseling is not anti-intellectual.*
- *Biblical counseling is not about the rejection of organic, physical issues.*

Biblical Counseling

- *What are some alternatives to Biblical counseling?*
- *Levels-of-explanation model.*
- *Integration model.*
- *Christian psychology model.*
- *David Powlison offers four questions for us to think about when evaluating other approaches to counseling ([Source](#)).*

Biblical Counseling

- 1. How is God portrayed?*
- 2. How is human nature interpreted?*
- 3. How are circumstances weighed?*
- 4. How are the goals and activities of counseling conceived?*

Biblical Counseling

- *Biblical counseling is a contemporary imperative.*
- *We must have an iron clad commitment to Biblical counseling.*
- *We must be committed to being active players in seeing the grace of God save and sanctify men, women, and children.*

Biblical Counseling

- *Think for a moment about the garden of Eden.*
- *It was pristine, untouched by sin.*
- *A place of physical beauty.*
- *Man was also untouched by sin, physically and spiritually.*



Biblical Counseling

- *Then sin entered the world.*
- *The curse followed.*
- *The once beautiful garden would be overrun with thorns and thistles.*
- *The image of God in man was also badly marred.*



Biblical Counseling



Brittany from Honduras

http://www.operationsmile.org/living_proof/patient-stories/brittany.html,

accessed December 31, 2011