

Biblical Counseling

*Who Needs
Biblical Counseling?*

Biblical Counseling

- *Last week I provided an introduction and interacted with the question, “What is Biblical Counseling?”*
- *In a nutshell, Biblical counseling is “loving confrontation.”*
- *It is not simplistic, mean-spirited, anti-intellectual, or in denial of the reality of organic, physical issues.*
- *In a word, Biblical counseling is discipleship.*

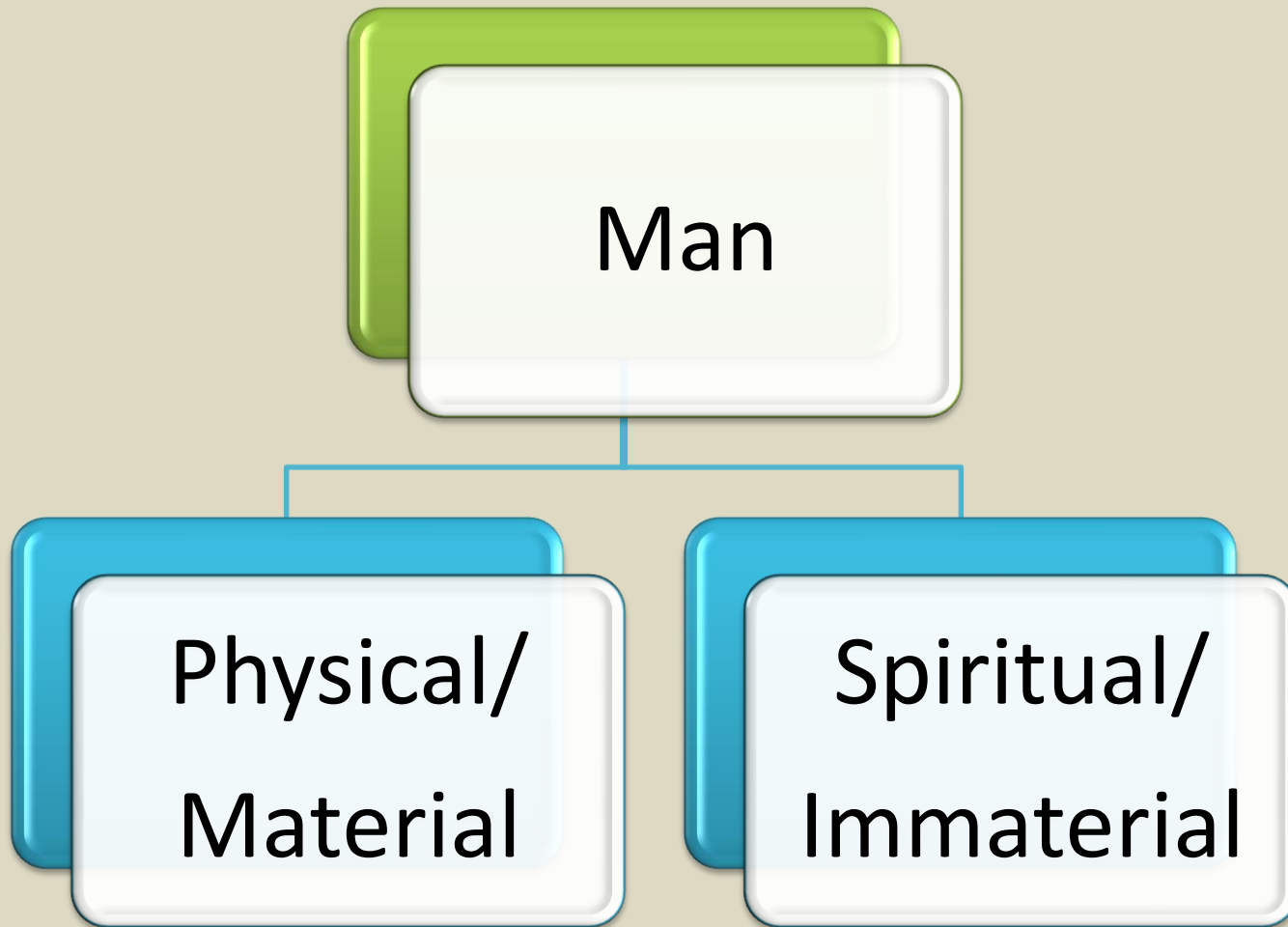
Biblical Counseling

- *In order to answer the question, “who needs Biblical counseling” we basically need to understand what the Bible teaches us about ourselves.*
- *Theologians call the study of man “anthropology.”*
- *We need to understand our nature and purpose.*

Biblical Counseling

- *We learn about creation in general from Genesis 1-2.*
- *We learn about creation in particular Genesis 1:26-27; 2:7*
- *Both our nature and our purpose can be discerned from these verses.*

Biblical Counseling: Nature



Biblical Counseling: Nature

- *I am setting forth the idea that man is made up of two parts, not three.*
- *What about 1 Thessalonians 5:23?*
- *This is neither the only nor the definitive passage on the constitution of personhood.*
- *The preponderance of the Biblical information teaches two parts.*

Biblical Counseling: Nature

- *Let's look at the immaterial/spiritual.*
- *The image of God.*
- *We have limited revelation on precisely what the image of God means.*
- *Here are three:*

Biblical Counseling: Nature

1. Personhood

- Commonly identified in terms of emotions, intellect, and will*

2. Dignity

- See Genesis 9:5-6; Exodus 21:12; Leviticus 24:17; Numbers 35:31, 33; Matthew 26:52; Revelation 13:10).*

3. Morality

- It equips us with morality. A shark does not rape and a lion does not murder.*

Biblical Counseling: Nature

- *Let's look at the material/physical.*
- *We were made from the dust of the ground (Psalm 90:3; 103:14; 104:29; 1 Corinthians 15:47, 48, 49).*
- *We must remember that when God created man He declared that it was good!*

Biblical Counseling: Purpose

- *Man was created to glorify God*
- *Isaiah 43:7; Romans 11:36; 1 Corinthians 8:6.*
- *We are created to be mirrors and not sponges.*
- *Fundamentally, we are worshippers created in the image of God (imago dei).*

Biblical Counseling: Purpose

- *We learn this from Genesis 1:26-27 and James 3:9*
- *Genesis 3:8*
- *Isaiah 43:7*
- *Romans 11:36*
- *1 Corinthians 8:6*
- *Revelation 4:11*

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- “Worship is not something we do; it defines who we are. You cannot divide human beings into those who worship and those who don’t. Everybody worships; it’s just a matter of what, or whom, we serve . . . Some central love commands our allegiance and directs our behavior” (Tripp, *Instruments in the Redeemer’s Hands*, 44).
- God made it clear that He was to be the proper and sole object of every human heart’s worship in Deuteronomy 6:4; Matthew 22:36-37.

Biblical Counseling



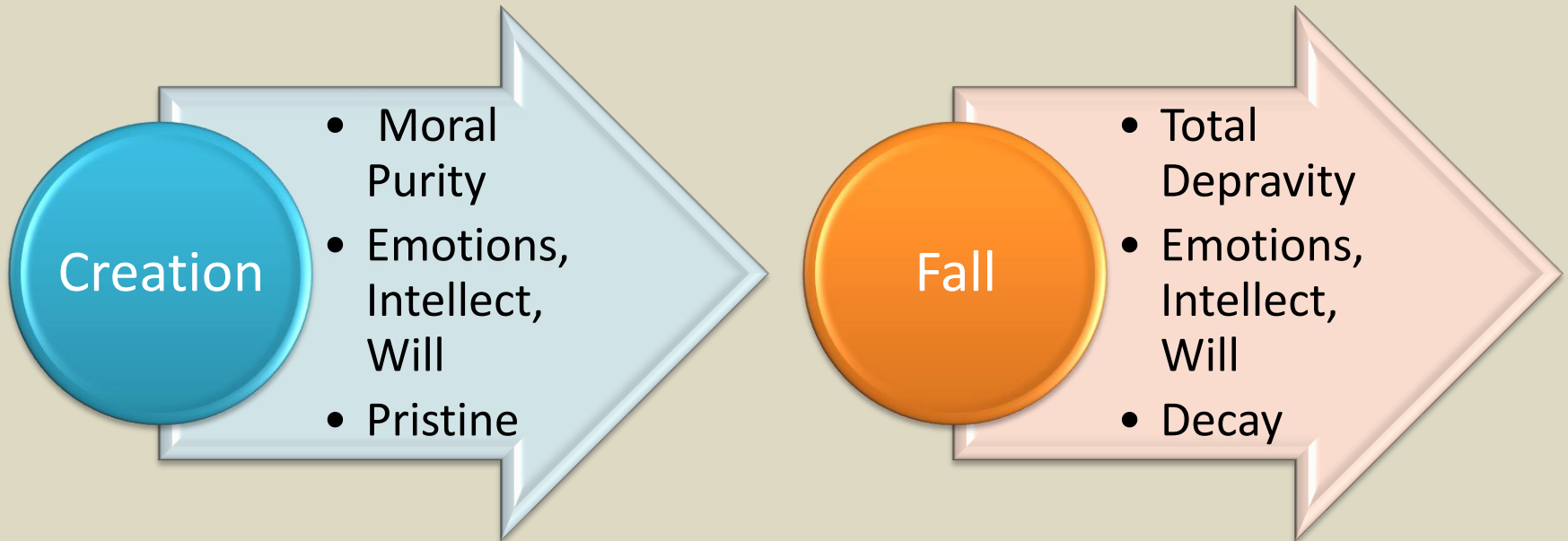
Creation

Fall

Biblical Counseling

- *The Bible teaches that man is created.*
- *Nature: Man was created as a two-part being: material/immaterial or physical/spiritual.*
- *Purpose: we were created to glorify/worship God.*
- *The fall came and changed things more profoundly than we can wrap our minds around.*

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- *Cain and Abel*
- *Sin is crouching at the door.*
- *Genesis 4:7, "It's desire is for you, but you must rule over it."*
- *In Cain's case, it was anger and jealousy.*
- *Depravity and decay*

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- *Depravity: Emotions*
 - *Someone is constantly struggling with negative emotions.*
- *Decay: Pain*
 - *Anger begins to manifest itself during pain.*
 - *Is pain the cause or the trigger?*
- *Where did that come from?*
- *Dinner time spills: has chocolate milk spilled on the table from a glass filled with orange juice?*

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- *Man's nature was mangled.*
- *The image of God was badly deformed.*
- *The body began to decay.*
- *Man's purpose was carried out corruptly.*

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- *We became sponges instead of mirrors.*
- *Now the image of God in us needs to be transformed.*
- *Now our purposes need to be reformed.*
- *When we distance ourselves from this essential aspect of our existence, lots of things go awry, especially as it relates to counseling.*
- *The Bible calls reversing the effects of the fall redemption!*

Biblical Counseling

- *In 1719, Isaac Watts published the hymn, "Joy to the World"*
- *He develops what the King effects in the world.*
- *Among his effects is the redemption of a sin-cursed world.*
- *But notice how comprehensive it is, indeed exhaustive.*
- *No more let sins and sorrows grow,
Nor thorns infest the ground;
He comes to make His blessings flow
Far as the curse is found,
Far as the curse is found,
Far as, far as, the curse is found.*

Biblical Counseling

- *This is critical for us to grasp.*
- *The nature and purpose of man are critical rudders that set the direction of counseling.*
- *If man is highly functional slime, how does this impact how we counsel.*

Biblical Counseling

- *If man is a system of complex chemicals that often get off balance, how do you counsel this person.*
- *If man is a primate working out his conditioned instincts, how do you counsel this person?*
- *If man is autonomous and has no one to who he must give an account, how do you counsel this person?*

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- *Counsel is intended to bring about change. But why?*
- *If we are not morally responsible or accountable to one who is over us, there's no need to change.*

Biblical Counseling

- *Here's is where Biblical counseling comes in.*
- *The reason we need to look at creation and the fall is that it provides a vivid contrast*
- *Creation provides a definition of normal.*

Biblical Counseling

- *So “Who needs Biblical counseling?”*
- *Every fallen person needs counseling.*
- *James 3:2, “we all stumble in many ways”*

Biblical Counseling

Questions?/

Comments?