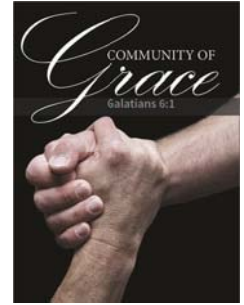


**Grace Bible Church**  
**2016 Biblical Counseling Conference**  
**Track One**



## Session #6

### Key Elements: Build Involvement and Give Hope

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#### I. \_\_\_\_\_ Involvement

**Galatians 6:1-2** “Brethren, if a man is overtaken in any trespass, you who are spiritual restore such a one in a spirit of gentleness, considering yourself lest you also be tempted. Bear one another’s burdens, and so fulfill the law of Christ.”

A. Establish the kind of \_\_\_\_\_ with the individual that will lead to them not only telling you their concerns but also being willing to accept your counsel. Building involvement creates an opportunity to meet the counselee’s need.

B. You build involvement when you:

1. Demonstrate \_\_\_\_\_

**Matthew 9:35-36** “And Jesus went about all the cities and villages, teaching in their synagogues, healing every sickness and every disease among the people. But when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.”

**The Message** “When he looked out over the crowds, His heart broke. So confused and aimless they were, like sheep with no shepherd.”

If you just \_\_\_\_\_ sin... and \_\_\_\_\_ the Bible... you’re not \_\_\_\_\_ to be a biblical counselor. You need more. You need \_\_\_\_\_.

a. Consider what it would be like to be in the counselee’s position

**Philippians 2:20-21** “I have no one else like him, who takes a genuine interest in your welfare. For everyone looks out for his own interests, not those of Jesus Christ.”

b. Consider what it would be like for you if the counselee were one of your family members

**I Thessalonians 2:7-9** “But we were gentle among you, just as a nursing mother cherishes her own children. So, affectionately longing for you, we were well pleased to impart to you not only the gospel of God, but also our own lives, because you had become dear to us.”

c. Think about how you can practically show them compassion – in the way that you pray for them... in the way that you rejoice and weep with them... and by the fact that you keep telling them how you care for them, and love them, etc.

**Acts 20:31** “Therefore watch, and remember that for three years I did not cease to warn (noutheteo) everyone night and day with tears.”

**Galatians 4:19** “My little children, for whom I labor in birth again until Christ is formed in you.”

**The Message** “Do you know how I feel right now, and will feel until Christ’s life becomes visible in your lives? Like a mother in the pain of childbirth.”

Effective biblical counseling is like \_\_\_\_\_ - \_\_\_\_\_ as we stand by them and groan with them... and pray for them until Christ's life becomes more visible in their lives.

**John 3:30** "He must increase, but I must decrease."

2. Show \_\_\_\_\_ for the counselee

a. Use proper verbal communication

**2 Timothy 2:24-25** "And the Lord's servant must not quarrel; instead, he must be kind to everyone, able to teach, not resentful. Those who oppose him he must gently instruct, in the hope that God will grant them repentance leading them to a knowledge of the truth"

**1 Thessalonians 5:14** "Now we exhort you, brethren, warn those who are unruly, comfort the fainthearted, uphold the weak, be patient with all."

b. Use proper nonverbal communication (position, eye contact, voice, etc.)

c. Take the counselee seriously

d. Express appropriate confidence in him

e. Welcome his input

f. Continually thank them for coming – and tell them how well they're doing

g. Maintain biblical confidentiality.

But this will look very different than the secular model of what 'confidentiality' means.

Here's what we have spelled out in the initial paperwork that everyone reads and signs before they begin counseling with us:

**Confidentiality-** Confidentiality is an important aspect of the counseling process, and we will carefully guard the information you entrust to us. However, because we are continually training others to be effective counselors we ask that you agree to allow counselors in training to be present during your sessions. There are four other situations when it may be necessary for us to share certain information with others: (1)When a counselor is uncertain of how to address a particular problem and needs to seek advice from another pastor or elder in this church; (2) when a counselee attends another church and it is necessary to talk with his or her pastor or elders; (3) when there is a clear indication that someone may be harmed unless we otherwise intervene; or (4) when a person persistently refuses to renounce a particular sin and it becomes necessary to seek the assistance of others in the church to encourage repentance and reconciliation (see Proverbs 15:22; 24:11; Matthew 18:15-20). Please be assured that our counselors strongly prefer not to disclose personal information to others, and they will make every effort to help you find ways to resolve a problem as privately as possible.

3. Be \_\_\_\_\_

a. Be real

b. Be honest about your skill, qualifications, strengths, weaknesses, goals and agenda

"I'm not a medical doctor"

"I'm not an attorney or legal expert."

"Let's make sure we have the same goal... or you're going to be frustrated with me."

**2 Corinthians 5:9** "So we make it our goal to please Him, whether we are at home in the body or away from it."

**Colossians 1:27-29** “To them God has chosen to make known among the Gentiles the glorious riches of this mystery, which is Christ in you, the hope of glory. We proclaim him, admonishing and teaching everyone with all wisdom, so that we may present everyone perfect in Christ. To this end I labor, struggling with all his energy, which so powerfully works in me.”

4. Provide loving, firm \_\_\_\_\_ of the session
5. Gather data \_\_\_\_\_ before giving advice (Prov 18:13, 15, 17)

## II. Give **Hope**

### A. Biblical hope is a **sure** thing

**Hebrews 6:19-20** “God did this so that, by two unchangeable things in which it is impossible for God to lie, we who have fled to take hold of the hope offered to us may be greatly encouraged. We have this hope as an anchor for the soul, firm and secure. It enters the inner sanctuary behind the curtain, where Jesus, who went before us, has entered on our behalf. He has become a high priest forever, in the order of Melchizedek.”

**Biblical Hope** = A confident **expectation** of future blessing, based on the **character** and **promises** of God.

Examples:

1. You can't promise that an unfaithful spouse will return
2. You can't promise that children will be obedient and respectful
3. You can't promise that your counselee's infirmities will disappear
4. But you can promise that God is always Who He says He is and that His promises are always true. With His help your counselee can persevere and become more Christ-like and more pleasing to Him.

### B. Biblical hope is rooted in **Scripture**

**Romans 15:4, 13** “For everything that was written in the past was written to teach us, so that through endurance and the encouragement of the Scriptures we might have hope... May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”

### C. Biblical hope has several **benefits**

1. It does not disappoint

**Romans 5:5** “Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us.”

2. It changes our grieving

**1 Thessalonians 4:13** “But I do not want you to be ignorant, brethren, concerning those who have fallen asleep, lest you sorrow as other who have no hope.”

3. It helps through difficult circumstances

**2 Corinthians 4:8-10, 16-18** “We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed. We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body... Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.”

Use Wayne Mack’s book, **Down But Not Out** ~ *How to Get Up When Life Knocks You Down*

D. A lack of hope has **negatives**

1. Despair (Ps 42:5)
2. A sick heart (Prov 13:12)

E. Ways to **give** hope:

1. Point people to the **promises** of God
  - a. I Cor 10:13; Rom 8:28-29; James 1:2-4; Rom 5:1-5; Gen. 37-50 - the story of Joseph
  - b. Use resources like ***Christ and Your Problems*** by Jay Adams
2. Point people to the biblical **pictures** that God gives

For example:

**Jeremiah 17:5-8** “Thus says the LORD: Cursed is the man who trusts in man and makes flesh his strength, whose heart departs from the LORD. For he shall be like a shrub in the desert, and shall not see when good comes, but shall inhabit the parched places in the wilderness, in a salt land which is not inhabited. Blessed is the man who trusts in the LORD, and whose hope is the LORD. For he shall be like a tree planted by the waters, which spreads out its roots by the river, and will not fear when heat comes; but its leaf will be green, and will not be anxious in the year of drought, nor will cease from yielding fruit.”

3. Point people to the **Savior** of hope!

Use Gospel narratives...get them to see Jesus

See handout of Bible reading assignments that bring them face to face with Christ and how He responded to broken sinners.

4. Give an appropriate **testimony**

Your own

Ones on DVD (Brooklyn Tabernacle Church in NY has some excellent testimonies on DVDs)

Your observer(s) that are sitting in with you

The writers of Scripture

For example:

**Lamentations 3:19-32** “Remember my affliction and roaming, the wormwood and the gall. My soul still Remembers and sinks within me. This I recall to my mind, therefore I have hope. Through the LORD’s mercies we are not consumed, because His compassions fail not. They are new every morning; great is Your faithfulness. ‘The LORD is my portion,’ says my soul, ‘Therefore I hope in Him!’ The LORD is good to those who wait for Him, to the soul who seeks Him. It is good that one should hope and wait quietly for the salvation of the LORD.”

5. Label **sin** as sin! Avoid defeating terms and labels
6. Be **solution** oriented
7. Minister the Word, don’t just **dispense** it
  - a. What’s the difference? To minister the Word is to **unpack** the verse (explaining its meaning) and apply it to their life situation.

For example

**2 Corinthians 4:8-9** I draw a line down the middle of the board and start showing the differences between what God says is true about us vs. how we feel... and what Satan tells us about our situation

Hard Pressed	vs.	Crushed
Perplexed	vs.	in Despair
Persecuted	vs.	Abandoned
Struck Down	vs.	Destroyed

**1 Corinthians 10:13** I draw a line down the middle of the board and start showing the differences between what God says is true about us vs. how we feel... and what Satan tells us about our situation

God’s Promises	VS.	Satan’s Lies
1. Your trial is not unique – ‘common to man’	VS.	No one else has ever gone through anything like this before!
2. Your God is faithful – ‘but God is faithful’	VS.	God’s not there for you; He’s left you on your own for this one
3. It’s not more than you can handle ‘...not leave you to be tempted beyond What you are able...that you may be able to endure’	VS.	This is too much; no one can endure this
4. There is a way out of this ‘but will with the temptation provide the way of escape	VS.	There’s no way out; you’re stuck

**Matthew 7:24-27** – House built on the Rock and House built on the Sand

Both were building a house (building a home or living a life)

Both faced the same trials (rain... floods... winds)

Both heard the Word of God

One and only one characteristic that sets apart the house build on ‘Rock’ – they put it into practice!

- b. Dispensing Scripture involves discussing it in a superficial, generic manner with little application. The use of too many verses in a session can contribute to this.
8. Tell approximately how **long** you expect to counsel.

### **Face to Face with the Savior of Hope**

#### *Gospel Scripture Reading Homework Assignments*

- 1) **RELATIONSHIP w/ CHRIST / PRAYER / Holy Spirit** – Read John 14-17
- 2) **PROBLEM OF THE HEART** – Mark 7-9 (take up cross, prayer and fasting)
- 3) **OBEY / BELIEVE / RESPOND TO WORD** – Mark 4-6 (parable sower, healing demoniac, healing woman with issue blood, feeding 5000)
- 4) **OBEY / BELIEVE** – Matt. 8-9 (Centurion's faith, healing of paralytic, woman with issue of blood)
- 5) **RESPONDING TO WORD** – Luke 24 (Emmaus Road)
- 6) **POWER OF CHRIST & HIS WORD** – Luke 5,7,10 (Martha and Mary)
- 7) **POWER OF CHRIST & HIS WORD** – John 11 (Lazarus)
- 8) **FORGIVENESS** – Luke 7 (woman forgiven much), Luke 15 (Prodigal), Mt. 18 (Unforgiving servant), 2 Cor. 2 (forgive lest Satan take advantage)
- 9) **JESUS' DEATH / RESURRECTION FOR YOU** – Mark 14-16 or John 18-20
- 10) **TEMPTATION** – James 1, Matt. 3-4 (Jesus in wilderness) or Luke 4
- 11) **HEALING / SICKNESS** – Luke 13-14 (woman bent over 18 yrs.)
- 12) **COMPASSION OF CHRIST** – John 4-5, 8 (Samaritan woman, pool of Bethesda, woman caught in adultery)
- 13) **PERSISTENT PRAYER** – Luke 18 (persistent widow), Mark 9 (prayer and fasting)
- 14) **ENCOURAGEMENT / HOPE** – Read John 10 & 11 three times and record principles you can apply to your own life right now
- 15) **JUSTIFICATION BY FAITH** – Isaiah 53, Luke 18 (Pharisee vs. tax collector), John 1 & 3 (Lamb of God who takes away sin of world)