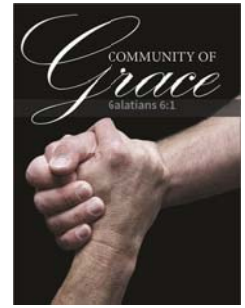


Grace Bible Church
2016 Biblical Counseling Conference
Track One



Session #1

Why Biblical Counseling?

Introduction

- **First, what is biblical counseling?**

The simplest definition is to seek to help another individual understand how to honor/glorify God in a particular situation through God's Word. You could call it conversational ministry. You seek to understand this person, in this situation, with respect to God.

- **Biblical counseling helps those both who sin and suffer, and includes both what you say and what you do.**

— A closer look at Biblical Counseling as seen in the words and contexts in various passages:

Nouthesia(as)(e), Noutheteo (as translated in the NKJV)

Warn: Acts 20:31; 1 Cor 4:14; Col 1:28; 1 Thess 5:14

Admonish: Rom 15:14; Col 3:16; 1 Thes 5:12; 2 Thes 3:15

- Noutheteo vs Parakaleo

Noutheteo

To admonish, warn

Primarily corrective and verbal, using the Scriptures

Parakaleo

To encourage, console, be an encouragement

More common in the New Testament

Could be verbal but does not have to be

- Therefore, biblical counseling focuses on two issues related to man and his problems:
 - On sin (as it is necessary to admonish or warn) and
 - On suffering (as it is necessary to encourage, console or be an encouragement to someone).

- **Synonyms for biblical counseling include: conversational ministry, personal ministry, discipleship, one-anothering, mentoring, and spiritual friendship.**

So, Why Counsel?

1. **Because all Christians are commanded to help each other (Galatians 6:1-5).**

- When there is sin, help restore.
- When there is suffering, help carry.

2. Because all Christians are capable to help each other (Romans 15:14).

- Characterologically you are capable – character.
- Substantively you are capable – content.
- Functionally you are capable – skill.

3. Because all Christians are vulnerable to the deception of sin (Hebrews 3:12-13).

- Every one of us are imminently entrappable.
- We need exhortation from each other daily.
- We are commanded to give and receive it.

4. Because all Christians are responsible to practice discernment (1 Thessalonians 5:12-15).

- Watch your spiritual leaders
- Learn what you see and practice
 - Admonish the unruly
 - Encourage the fainthearted
 - Help the weak
 - Be patient with all
- Protect the atmosphere to encourage change
 - Do not return evil for evil
 - Instead, do good to one another and everyone

5. Because all Christians are stewards of the grace of God in Christ through the gospel (2 Corinthians 1:3-7).

- You are in Christ.
- You receive grace in Christ.
- You are to share that grace with others.

6. Because all Christians are counseling anyway. So, why not be intentionally God-glorifying, Christ-centered, Spirit-empowered, Word-focused, others-helping, goal-oriented, and gospel-saturated in your counsel?

Implications:

- As a follower of Christ, we have the responsibility and privilege to use the opportunities God gives us for His glory and others' good.
- Counseling is as important and needful as preaching, teaching, and prayer.
- Intentionally helping others is not a matter of spiritual gifting; it is a command.
- Although much help is provided through the pulpit ministry of the church, certainly not all help is provided through public ministry.
- Counseling complements the rest of the local church's ministry.
- People do not need a specialist to help them; they need a faithful friend to provide discernment in their walk with Christ.

- If you preach or teach, it will impact your preaching and teaching in positive ways.
 - It will help you analyze the needs of those to whom you speak.
 - You will be more apt to study with practical application in mind.
 - You will make a clear presentation of the meaning of the text central accompanied with practical application of truth.
 - Your messages and lessons will involve what to do and how to do it.
 - You will preach and teach with a burning conviction that God’s Word is indeed sufficient to address life lived in this sin-cursed world.
 - You will help people know how to change.
 - Counseling will encourage you to be clear and specific in your presentation of truth.
- You and others around you will become comfortable with both need change and seeking help to change.
- People will be helped for God’s glory.

