

# Grace Bible Church 2018 Biblical Counseling Conference Track One



## Session #3

### The Origin and Purpose of Biblical Counseling

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#### I. The Need for Counseling Started When God \_\_\_\_\_ People

- A. God created us perfect but not \_\_\_\_\_
- B. From the very beginning we needed God's \_\_\_\_\_ in order to know what to do and not to do. (Gen 1:28-30; 2:16-17, 19)
- C. We were made to be \_\_\_\_\_ on God's counsel. We weren't created to be \_\_\_\_\_. We shouldn't raise our children to be independent but dependent upon God!

Matt. 4:4

Deut. 32:46-47

Psalm 119:11

- 1. Without God's Word life is \_\_\_\_\_, as the world today has decided.

- No \_\_\_\_\_; no \_\_\_\_\_.

"Young, honest minds seek answers and meaning. No amount of philosophizing about a world without God brings hope. After three decades of covering every continent and delivering scores of university lectures, I have seen that this sense of alienation and meaninglessness is the principal malady of young minds. Academic degree after degree has not removed the haunting specter of the pointlessness of existence in a random universe... atheism is bankrupt for answers... The philosopher, Friedrich Nietzsche said a universal madness would break out when the truth of what mankind had done in killing God dawned on us. Nietzsche himself spent the last thirteen years of his life in the darkness of insanity, while his godly mother watched over him by his bedside." *The End of Reason – a Response to New Atheism*, Ravi Zacharias, p. 17, 27

- 2. Without God's Word life is \_\_\_\_\_, as Solomon decided in Ecclesiastes.

#### II. The Need for Counseling Was Intensified When We Made Wrong \_\_\_\_\_ in The Garden of Eden. (Gen 3)

- A. We were created in a \_\_\_\_\_ and moral likeness to God.  
Gen.1:26 – In His image "Let us make man in our own image..."  
Isa. 43:7 – For His glory  
Rev. 4:11 – For His own pleasure
- B. Adam and Eve already had what is \_\_\_\_\_ today: health (2:7,17), a perfect environment (1:25), material needs met (1:29-30), meaningful responsibility (2:15, 19-20), companionship (2:18-25).
- C. God \_\_\_\_\_ communicated the only limitations on man's behavior and the penalty for disobedience. (2:16-17)

- D. But Satan tried to \_\_\_\_\_ and \_\_\_\_\_ God's counsel by:
1. Creating doubt in their minds about God's Word (3:1)
  2. Denying God's Word (3:4)
  3. Denouncing / Defaming God's character (3:5)
- E. Eve listened to ungodly \_\_\_\_\_ and was deceived to sin. (3:1; 2 Cor. 11:3)
- F. She yielded to temptation in the same \_\_\_\_\_ as those mentioned in 1 John 2:16
- G. Adam ate the forbidden fruit \_\_\_\_\_. (3:6; 1 Tim. 2:14)
- I Timothy 2:14
- H. Their sin was \_\_\_\_\_ than merely eating forbidden fruit. It was:
1. Disobeying the revealed Word of God
  2. Believing the lie of Satan
  3. Placing their own desires above God's command

Get this: Most of our problems are desires gone bad... desires that morph into demands!

See book, *Gospel Treason – Betraying the Gospel with Hidden Idols*, to understand better how our desires turn into demands that often drive why we do what we do. Effective biblical counseling works to get after the sin beneath the sin – on a heart level – and not just a superficial, and often temporary, changing of behavior.

The disobedience that Adam and Eve thought would \_\_\_\_\_ their pleasure instead \_\_\_\_\_ their pain... and ours.

In fact, Adam \_\_\_\_\_ his restrictions (he only had one!) and \_\_\_\_\_ his blessings and freedom. That's the essence of what many times leads us into sin.

"Meaninglessness does not come from being weary of pain, but meaninglessness comes from being weary of pleasure." G.K. Chesterton

That's why John Piper says, "Sin is what we do when we're not \_\_\_\_\_ in God."

- I. The same actions today are producing the need for biblical counseling!

**Romans 1:28** "... they did not like to retain God in their knowledge..."

**Psalms 10:4** "The wicked in his proud countenance does not seek God. God is in none of his thoughts."

**Job 21:14-15** "Yet they say to God, 'Depart from us, for we do not desire the knowledge of Your ways. Who is the Almighty, that we should serve Him?'..."

- J. Sin or rejecting God's counsel brings terrible consequences:

- Sin brought \_\_\_\_\_ consequences:

- a. Physical death
- b. Eternal death

- Sin brought \_\_\_\_\_ consequences:

1. We gained a knowledge of good and evil (3:7a, 10-11, 22); but lost the \_\_\_\_\_ to effect change.
2. Guilt (3:7b, 8, 10-11)
3. Broken fellowship with God (3:8-13a)
4. Pain in childbirth (3:16a)
5. Distorted marital relationships (3:12, 16b)
6. Exhausting labor in order to make a living (3:17-19)
7. Physical death (3:19, 22-24)
8. Spiritual death, eternal separation from God (Rom. 5:12; 6:23)

Sin created problems with \_\_\_\_\_, problems with \_\_\_\_\_ and problems with \_\_\_\_\_.

**Problems with God:**

Isa. 59:1-2 “But your iniquities have separated you from your God...”

**Problems with self:**

Jer. 17:9 “The heart is deceitfully above all things, and desperately wicked; and who can know it?”

**Problems with others:**

James 4:1-3 “Where do wars and fights come from among you? Do they not come from your desires for pleasure that war in your members?”

K. Summary: The need for biblical counseling is rooted in our sinful \_\_\_\_\_ to think and act \_\_\_\_\_ independently, in violation of God’s revealed will.

L. Like Adam and Eve, sinners today still run, hide, try to cover themselves and \_\_\_\_\_ - \_\_\_\_\_.

**III. You Can See This Same Pattern Illustrated Again and Again in the Bible:**

- A. Genesis 4 – Cain’s sinful choices that led to murder
- B. 1 Samuel 13-31 – Saul’s sinful choices that led to losing the kingdom
- C. Romans 1 - The condition of the human heart

**IV. You Can See the Cumulative Result (2 Tim. 3):**

- A. Rampant iniquity and misdirected love (vv. 2-4) “... lovers of themselves, lovers of money... lovers of pleasure rather than lovers of God.”

- B. Rampant hypocrisy (vv. 5-7) “having a form of godliness but denying its power... always learning and never able to come to the knowledge of the truth.”
- C. Rampant apostasy (vv. 8-9) “... these also resist the truth: men of corrupt minds, disapproved concerning the faith... they will progress no further...”
- D. Rampant persecution (vv. 12-13) “all who desire to live godly in Christ Jesus will suffer persecution. But evil men and impostors will grow worse and worse, deceiving and being deceived.”

## V. What Can We Do?

We can throw up our hands and quit! Many have.

1. Some have quit but still play church
2. Some quit by living pessimistic lives. ‘Woe-is-me’ Christians. It’s never been this bad before!
3. Some blame it all on Satan. They major on exorcisms and a demon behind every bush and every sin problem
4. Some resort to ‘Cure-All’ blessings. Zap Theology. Just give me the ‘zap’ – the latest Christian buzz that will put me in the ‘zone’ and keep me in the ‘zone’ so that I won’t have to struggle so much against sin
5. Some say “It’s too late to make lasting change... I’ll just evangelize.”
6. Many have turned to God’s enemies (Freud, Skinner, Maslow) to find out how to bring about change in lives.

Jer. 7:24 “Yet they did not obey or incline their ear, but walked in the counsels and in the imagination of their evil heart, and went backward and not forward.”

## VI. Paul Had the Answer for The Problems and Need for Real Change (2 Tim. 3:15- 4:2)

- A. God gave us His inspired and inerrant Word.
- B. God’s Word is profitable because it answers four key questions:
  1. How should I think and act? That’s doctrine
  2. How do I know when I am wrong? That’s reproof
  3. How do I change? That’s correction
  4. How do I keep from repeating the same mistakes over and over again? That’s training in righteousness
- C. Change is God’s and the church’s business! His method of real and lasting change is called justification and progressive sanctification.
- D. God’s Word adequately equips us to help people reaping the pain of sin!

### The Goal of Biblical Counseling

1. True biblical counseling always has the clearly defined and communicated goal of helping a counselee become God’s kind of a person. (Col. 1:28)

2. The circumstances of a person's life will be used as a springboard to teach them how to think and act in a way that would please the Lord Jesus Christ. (2 Cor. 5:9; Gal. 1:10)
3. Becoming God's kind of person is an on-going process of putting off wrong thinking and behavior and replacing them with biblical thinking and acting. This will happen as the individual's mind is renewed by salvation and progressive sanctification. (Ephesians, especially chapter 4; Col. 3)
4. Solving the problems that motivated people to see us will be secondary to the goal of helping them to please Christ, whether their circumstances change or not. (Rom. 8:28,29)

### **Qualifications of a Biblical Counselor Gal. 6:1-5**

#### **A Biblical Counselor Should Be:**

1. A spiritual person (v. 1a) Literally – 'you who have the Spirit' – all saved people. See Romans 15:14 "You are competent to counsel" Not a higher level of special people.
  - a) Indwelt by the Holy Spirit/saved (Rom 8:9)
  - b) Controlled by the Spirit (Eph. 5: 18; Gal. 5:22-23)
  - c) Concerned about sin's impact on other people (Gal. 6:7-8)
2. A Gentle person when seeking to restore someone to usefulness in the body of Christ (v. 1b)  
 'Restore' is Greek word 'Katartizo' = to mend a net or broken bone, to hold it in place long enough to heal.
3. A person who takes sin seriously – Don't call it sickness. When you do you rob people of hope. If it's a disease or sickness there's nothing they can do. If it's sin there's something they can do.
4. A humble person, aware of his own struggles (v. 1c) "considering yourself lest you also be tempted."
5. A responsible person, carrying his own backpack in life (vv. 4-5)
6. A caring person, willing to help someone carry a load too heavy for him to carry alone (v. 2)
7. A confident person – confident in God's Word and His Spirit to actually work in lives.
8. A focused person – focused on the right goal – 'Restore' – to mend a net or set a broken bone

### **Selected Resources**

Bigney, Brad *Gospel Treason – Betraying the Gospel with Hidden Idols*. Phillipsburg, NJ: P&R Pub., 2012

Adams, Jay E. *A Theology of Christian Counseling*. Grand Rapids: Zondervan Publishing House, 1979

Tripp, Paul *Instruments in the Redeemer's Hands*.

Adams, Jay E. *What to Do on Thursday*