

**Grace Bible Church**  
**2018 Biblical Counseling Conference**  
**Track Two**



## Session #4

### Why Counselors Should Be Good Theologians

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#### I. Why Should Counselors Be Good Theologians?

##### A. So that You'll Be Able to Frame Up the Struggles People Face within the Broader Context and Themes of Scripture

- Sovereignty of God – Gen. –Rev.
- Redemption – O.T. sacrifices (Leviticus) vs. Hebrews 'better' 13x
- God uses ordinary and weak people
  - The conclusion of Paul's letter to the Romans (ch.16) is a list of 34 names of mostly unheard of people that mattered to Paul in the local church in Rome
  - 2 Corinthians 12:9-10 (When we are weak He is strong)
  - 2 Corinthians 3:5-6 (Not that we are adequate)
  - Gideon – Judges 6
- God uses suffering and trials to mature us
  - James 1:2-4
  - 2 Corinthians 1:8-9
  - I Peter 1:6-8
  - I Peter 4:12-13
  - Romans 5:3-5

##### B. So that You'll Know How to Use O.T. Narratives

- Gen. 37-50 – Joseph suffering abuse from those close to him
- Esther – sovereignty of God over history and politics
- Num. 11 & 14 – the seriousness of complaining

##### C. So that You'll See How the Scriptures Move You From Fruit Sins to Root Sins

- James 4:1-3 – cravings underlie conflicts
- Ezekiel 14:1-8 – idolatry blinds us and binds us
- Idolatry is the sin beneath the sin in both the OT & NT – and Romans 1:21-26 unpacks this great 'exchange' that people are guilty of
  - v. 23 – Exchanged the glory of God for something created and finite
  - v. 25 – Exchanged the truth of God for the lie
  - v. 26 – Exchanged God's design of sexuality for what is unnatural

##### D. So that the Scriptures Will Shape Your Theology of Changing and Growing

- No 'Zap' theology

- It takes effort – Eph. 4:45-25 – ‘Put off – Put on’  
2 Peter 1 – ‘Make every effort’
- It’s a Grace-empowered effort – 1 Cor. 15:10
- It’s messy – Rom. 7 shows that pursuing holiness not the same as striving for personal perfection
- It’s an internal War  
Gal. 5:17 – flesh lusts against the Spirit... these are contrary to each other  
1 Pet. 11-12 – abstain from fleshly lusts which wage war against soul
- o It’s dependent on God’s Gift – 2 Tim. 2:24-26 – God has to grant repentance
- o It’s a group project – We need other believers at close range  
1 Pet. 4:10 “stewards of the manifold grace of God”  
Heb 12:1-2 “Let us run”
- o It’s focused on a Person (Jesus) not a project  
2 Corinthians 3:18 – being changed from one degree of glory to another  
Heb. 12:2 – ‘looking unto Jesus’ or ‘fixing our eyes on Jesus’  
2 Cor. 11:3 –simplicity and purity of devotion to Christ

“Where the Lord calls for change, connect those specific changes to what God is doing. Whenever you need to change, put the Redeemer in the center of the picture... Don’t ever degenerate into giving advice unconnected to the good news of Jesus crucified, alive, present, at work, and returning.” **Seeing With New Eyes**, David Powlison, page 43

#### **E. So that the Scriptures Will Shape Your Theology of Feelings**

- o Prov. 23:19 - Guide your heart
- o Prov. 4:23 – Guard your heart
- o Prov. 28:26 – Do not follow it

Therefore trusting God is a choice, rather than a feeling

- o Psa. 7 – In You I put my trust
- o Psa. 73:28 – I have put my trust in the Lord GOD
- o Psa. 71 – In You, O Lord, I put my trust [Ps. 11:1; 16:1; 25:20; 31:1; 40:3; 56:4,11]

#### **F. So that You’ll Avoid Isolating Verses and Instead Get the Greater Context for Better Insights**

- o 1 Pet. 5:5-7 – humble yourself... THEN cast your cares
- o Phil. 4:5-6 – Lord is near – THEN be anxious for nothing
- o 1 Peter 3:1-4 ‘LIKEWISE, you wives...’ Be sure to back it up into end of ch. 2 to see how Jesus submitted to even unjust, imperfect people. Now, just like Jesus did, submit to your husbands
- o Eph. 5:25-32 – Marriage – is preceded by 5:18ff about being filled with the Spirit. You can’t even do this without being filled with the Spirit. And then keep reading as he goes on into spiritual warfare in Eph. 6. Your biggest problem is not your spouse, or kids, or boss. It’s your enemy, Satan.

#### **G. So that You’ll have Word Pictures and Illustrations to Use in Counseling**

- James 4:6 ‘God resists the proud’  
Grk word – an army that lines up and comes against another. God comes against you!
- I Peter 4:8 ‘have fervent love for one another, for love covers a multitude of sins’  
Grk word – ‘fervent’ – to stretch out or strain like a horse that is in full gallop and straining with all his might
- Heb. 12:1-3 ‘Looking unto Jesus’  
Grk word – to look away from one thing to look to another (away from the details of your problem, etc., to Jesus)  
‘lest you become weary’ – Grk word ‘kamno’ – sick soul  
‘and discouraged’ – Grk word– unstrung bow, unloosed, undone

#### **H. So that You’ll Be Able to Use the Psalms as a Place for Your Counselee to Voice Their Emotions**

- Confused or questioning God’s goodness – Psa. 73
- Depressed – Psa. 42-43
- Hopeless – Psa. 88
- Outnumbered – Psa. 3
- Lonely or abandoned – Psa.142
- Misunderstood or Unloved – Psa. 139
- Afraid – Psa. 46

#### **I. You’ll Be Able to Use the Scriptures to Shape Your Counselee’s Identity**

- Selected Rejected – 1 Pet. 1:1, Ex. 16, 1 Pet. 2:9-10 (chosen)
- Col. 3:1-5 ‘Christ who is our life’
- Rom. 6 – union with Christ
- Ephesians – ‘In Christ’ 35x
- Eph. 1:7 ‘accepted in the Beloved’
- Married to Christ –Rom. 7:4; 2 Cor. 11:2-3 ‘betrothed you to one husband... Christ’

#### **J. So that You’ll Know How to Use Conjunctions to Correct Wrong Conclusions and Clarify Next Steps**

- ‘But God’ – Gen. 50:20
- ‘...but not’ – 2 Cor. 4:8-9
- ‘Therefore’– critical in counseling, call to action
- ‘In order that’ or ‘so that’ often indicates motive or purpose – Why do this? To what end?

## **II. How Can Counselors Become Good Theologians?**

### **A. Keep Reading All of the Bible Year after Year**

- John MacArthur 'Daily Bible'
- Chronological Bible
- M'Cheyene Reading plan
- You Version electronic Bible

### **B. Memorize and Pray Over Large Scripture Passages**

- You'll see connections
- You'll get insights
- You'll worship
- You'll be transformed yourself

### **C. Read Some Good Books on Basic Hermeneutics and Bible Overview**

- Fee – How to Read the Bible Book by Book
- Adams – What to Do on Thursday (A Layman's Guide to Practical Use of the Scriptures)
- Fee – How to Read the Bible for All Its Worth
- Dever – The Message of the New Testament
- Dever – The Message of the Old Testament

### **D. Get Logos Bible Software**

- Do word studies
- Check commentaries
- Dig into passages

### **E. Don't Ever Stop! Keep Doing These Things for a Lifetime!**