

WHAT IS BIBLICAL COUNSELING? PART 3

Biblical Counseling: The Bible Is the Sole and Sufficient Authority

2 Tim 3:16-17; 2 Pet 1:3; Heb 4:12; Ps 19:7-14

- A. The Bible is a fully sufficient textbook for counseling. *1 Cor 10:13*
- B. The goal of biblical counseling is to give instruction from the Bible so that the counselee can achieve God's goals in his/her life. *1 Tim 1:5; Col 1:28-29*
- C. Key concepts in biblical counseling.
1. Biblical counseling is God-centered. *2 Cor 5:9; 1 Tim 1:5; Col 1:27-29*
 - Psychology is man-centered, allowing counselee to set the agenda.
 - Not about counselee achieving personal goals.
 2. Biblical counseling is founded on sound theology.
 3. Biblical counseling confronts sin as the source of mankind's spiritual problems.
 - Mankind is created in God's image: body and soul. *Gen 1:27; 2 Cor 5:8*
 - Mankind is sinful and fallen, which is the source of counseling problems. *Rom 3:10ff*

- Will involve confrontation. *John 4:18; Acts 17:30; John 9:2-3*
4. Biblical counseling is Christ-centered and redemptive. *2 Cor 5:21; 1 John 1:8-2:2; Rom 6:1ff; Eph 4:32; 5:1, 25*
- It is not just commands and law, but the transforming power of the gospel.
5. Biblical counseling aims at the heart. *Mark 7:20-23; Matt 12:33; Prov 4:23*
6. Biblical counseling is based upon the all-sufficient and infallible Scripture. *2 Tim 3:16-17; 2 Pet 1:3*
7. Biblical counseling relies upon the Holy Spirit. *1 Cor 2:14; Rom 8:5-11; 15:13; Phil 4:13; John 4:16-17*
- Without the Spirit no one can understand or change.

 - He is the Counselor.
8. Biblical counseling is gentle and compassionate. *1 Thess 5:14; Matt 9:35-3; Gal 6:1-2*

9. Biblical counseling is not merely for an elite group of professionals. *Rom 15:14; Eph 4:15; Gal 6:1-2*

10. Biblical counseling ideally takes place within the context of the local church.

D. Who is qualified to counsel?

1. Counselor qualifications are spiritual, not merely academic. *Gal 6:1-2; 1 Tim 4:16, 12*

E. Counseling is not the responsibility of an elite group of professionals, but of every member of Christ's church. *Rom 15:14; Heb 10:24-25; Js 5:19-20*

F. Ultimately counseling is God's work. *Rom 15:13; 1 Cor 10:13; Phil 4:13; Is 9:6; 11:1ff*

1. It is only in Christ that people have hope.

2. The Holy Spirit is the ultimate Counselor. *John 14:16-17 Gal 5:16-25*

Other Critical Questions

A. Is there any value to secular psychology?

1. Isn't all truth God's truth? Yes, and all error is the devil's error.

2. Relying upon secular psychology is a denial of the sufficiency of Scripture.

3. Is there any case in which outside help is needed?

4. Why might it be useful for Christians to know something of psychology?

B. How should unbelievers be counseled?

1. A non-Christian is incapable of seeking after God's goals or doing His will. *Rom 8:7-8; Gal 5:18; Heb. 11:6*

2. Unbelievers require pre-counseling: evangelism.

C. Does biblical counseling ever fail? *Luke 18:18-25; Gen 4:6ff*

D. How can you be prepared to counsel others? *1 Tim 4:16*

Conclusion: You are Competent to Counsel Biblically



Books

Adams, Jay, *Competent to Counsel*.

Adams, Jay, *Ready to Restore*.

Adams, Jay, *The Christian Counselor's Manual*.

Ganz, Rich, *Psychobabble*.

Mack, Wayne, *Introduction to Biblical Counseling*.