

# The 8 C's of Biblical Counseling

## Dr. Nicolas Ellen



1. *Connect* with the counselee in the first part of the counseling session.

- a. Ask your counselee questions that will help you to get to know them better.
- b. Identify areas of common interest and share those with the counselee.
- c. Share things about yourself that you think will lead your counselee to be comfortable with you. (Proverbs 16:24))



2. *Console* the Counselee during the counseling session.

- a. Give words of hope and encouragement to assure the counselee that God has solutions to their problem.
- b. Provide comfort as the counselee shares their problems and concerns.
- c. Be compassionate and patient as your counselee shares their heart with you.

3. **Collect** data from the Counselee in regards to their problems and concerns.

- a. Find out what is happening or has happened to the person.
- b. Identify what they cannot control, what they can control, the motives (God-centered or self-centered) that are being revealed in their choices or responses to the people/circumstances accordingly.
- c. Find out how they are responding in thoughts, words, behavior, lifestyle, relational patterns to what is happening or has happened (neutral, unloving, loving responses).
- d. Identify time frame of responses to people, places, events in accordance to what is happening or has happened.



- e. Find out what they want that they cannot control getting and what they are getting they do not want.
- f. Identify areas of pride, idolatrous lust, worry, anger, fear, depression.
- g. Find out what the person's perceptions, preferences, pains, passions are in connection to what is happening or has happened.
- h. Find out how the person has dealt with or is dealing with sin towards God and others.
- i. Look for any and all unloving thoughts, words, and actions.

4. **Categorize** data from the Counselee into Biblical terms and perspectives as you are thinking through Biblical solutions.
- a. Where there is a biblical term or interpretation for the data use it in place of psychological terms so that those issues may be dealt with accordingly.
  - b. Identify and interpret data that is an expression of apparently uncaused fleeing as such when you are collecting the data. (See the book ***The Heart of Man and the Mental Disorders*** by Rich Thomson for insight into this.)
  - c. Identify and interpret data that is an expression of apparently uncaused fear as such when you are collecting the data. (See the book ***The Heart of Man and the Mental Disorders*** by Rich Thomson for insight into this.)



- d. Identify and interpret data that is an expression of a sense of guilt as such when you are collecting the data. (See the book *The Heart of Man and the Mental Disorders* by Rich Thomson for insight into this.)
- e. Identify and interpret first level and second level sins, root sins and fruit sins as such when you are collecting the data. (See the book *The Heart of Man and the Mental Disorders* by Rich Thomson for insight into this.)
- f. Identify and interpret what a person can and cannot control in their situation past, present, future as you are collecting the data.
- g. Identify and interpret their conduct, character, and conversation according to Biblical perspectives.

5. Communicate to Counselee what the Bible defines as the source and the symptoms of the problems in Biblical terms and clarify what the Biblical solutions are to those problems.

- A. Explain the concept of the Gospel.
- B. Explain the concept of What I Cannot and Can Control.
- C. Explain the concept of Pride.
- D. Explain the concept of Idolatrous Lust.
- E. Explain the concepts of Worry, Anger, Fear.
- F. Explain the concept of Love for God and others.
- G. Explain the concept of progressive sanctification.
- H. Explain the concept of confession, repentance, and replacement.
- I. Explain the material and immaterial issues of man.



5. Communicate to Counselee what the Bible defines as the source and the symptoms of the problems in Biblical terms and clarify what the Biblical solutions are to those problems.

J. Explain the concept of guilt and the standards of the conscience.

K. Explain the fear of man, anxiety and the solutions.

L. Explain the concept of embracing God according to who He is.

M. Explain the concept of being controlled by the Holy Spirit.

6. **Challenge** the Counselee to a commitment to confess, repent, and replace sin with love for God and others.

- a. Ask the counselee if they are willing to do the hard work of confessing, repenting, radically amputating and replacing sin to walk in love for God and others.
- b. Explain to the counselee the importance of being a doer of the Word and not just a hearer of the Word.
- c. Explain what kind of commitment it will take to make the appropriate changes to resolve the problem and become Godly in the situation.



7. **Construct** homework for the counselee to apply to their lives that will lead them into confession, repentance, and replacement of sin with love for God and others.

- a. **Hope Homework** – projects, activities and reading assignments given to help people gain a true hope in Christ in accordance to the problems they are facing.
- b. **Doctrinal Homework** – projects, activities, and reading assignments given to help people gain a solid theological understanding of their problems so that they can deal with them properly.
- c. **Awareness Homework** – projects, activities, and reading assignments given to help people become aware of their own sinfulness in the problem so that they can stop deceiving themselves about the problem they are facing and own up to it accordingly.



- d. *Embracing God Homework* – projects, activities, and reading assignments given to help people to connect with God according to a particular characteristic of God that relates to their problem or sin.
- e. *Action Oriented Homework* – projects and activities that lead people to put off particular sinful thoughts, desires, conversations, behavior, and lifestyle and to put on particular godly thoughts, desires conversations, behavior, and lifestyle that according to the situation or problem.
- f. *Relational Orientated Homework* – projects and activities that lead people to put off unloving relational patterns and move them to relate in open and loving relational patterns towards others within the situation or problem and abroad.

(Portions of this information was adapted from *Instruments in a Redeemer's Hand* by Paul Tripp)



8. **Conjoin** the counselee to the Body of Christ according to where they need it.

- a. **Membership** – the counselee would be lead to join a local church that they may experience love and enjoy the blessings of God-honoring relationships .
- b. **Maturity** – the counselee would be lead to get involved in discipleship courses in a local Church that would lead them into loving God, loving others on a consistent basis and living a life that reflects the character of Christ
- c. **Magnification** – the counselee would be led to come to appreciate, value and adore the character of God through heart-felt genuine worship of Him in a local Church.

- d. **Ministry** – the counselee would be led to join a ministry where they can develop in bearing burdens and meeting needs according to the various relationships they will develop through the local Church
- e. **Missions** – the counselee would be led into supporting a local Church in sharing and defending the Christian faith



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