GENERAL PRINCIPLES FOR Developing in Biblical Counseling Skills

1. Learn The Premise of Biblical Counseling

- a. To help people establish a right relationship with God the Father through our Lord Jesus Christ
- b. To help people put off particular sins that keep them from loving God and others
- c. To help people put on particular patterns of righteousness that produce a love for God and love for others
- d. To provide wisdom to discern and guide one into the best course of action
- e. To console those who are suffering with biblical understanding and support

Through the work of evangelism and discipleship you are seeking to lead people into a right relationship with God resulting in change character, conduct, conversations, commitments, communion with others and all other aspects of life.

2. Learn The Points of Change in Biblical Counseling

- a. People will need to change in thoughts, attitudes, motives, and desires
- b. People will need to change in conversations and communication
- c. People will need to change in behavior and lifestyle
- d. People will need to change in how they relate to others
- e. People will need to change in the way the serve God and others

Help the person to see the key areas of life where change needs to take place.

3. Learn The Parameters of Change in Biblical Counseling

- a. People will need gain a biblical understanding of God and submit to His will accordingly
- b. People will need to gain a biblical understanding of themselves and submit to God's will accordingly
- c. People will need to gain a biblical understanding of others and submit to God's will accordingly
- d. People will need to gain a biblical understand of life's situations and circumstances and submit to God's will accordingly

Help people see how their lack of love for God and others has lead to their condition and their need to change accordingly.

4. Learn The Process of Change in Biblical Counseling

- a. Confession of sin (1John 1:9, James 5:16)
- b. Repenting of sin (2Corinthians 7:10-11, Proverbs 28:13)
- c. Radical amputation of sin (Mathew 5:29-30)
- d. Replacement of sin with right living in that area (Ephesians 4: 22-24, Colossians 3:1-17)
- e. Embracing of the wisdom of God and applying it accordingly (Proverbs 4:6-7)
- f. Accepting what God allows while submitting to His will accordingly to grow through and work through the suffering (Ecclesiastes 7:13-14)



5. Learn The Projects of Change in Biblical Counseling

- a. <u>Hope Homework</u> projects, activities and reading assignments given to help people gain a true hope in Christ in accordance to the problems they are facing
- b. <u>Doctrinal Homework</u> 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. <u>Awareness Homework</u> 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

5. Learn The Projects of Change in Biblical Counseling

- d. <u>Embracing God Homework</u> 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. <u>Action Oriented Homework</u> 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

5. Learn The Projects of Change in Biblical Counseling

f. <u>Relational Orientated Homework</u> – 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'sHand by Paul Tripp) Lead people into the particulars of love for God and others through various projects.

- Learn The Personalities encountered in Biblical Counseling

 a. Those who lack knowledge yet once they receive it are able to
 work on the their problems and honor God
 - b. Those who have knowledge but refuse to apply what they know to work on their problems and honor God
 - c.Those who have knowledge but don't know how to apply it to their problems and honor God
 - d. Those who lack knowledge and are not interested in getting knowledge to work on their problems and honor God

Understand the types of personalities you will encounter in counseling.