

INTRO: Why is Foundations Necessary

INTRODUCTORY MATERIAL:

- A. FOUNDATIONS will run through December 19th (see course syllabus for exact dates)
- B. FOUNDATIONS will be taught primarily by Pastor's Ernie & Justin (with Ron Elliott & Eric Rios participating)
- C. FOUNDATIONS will use the Self-Confrontation Manual from the Biblical Counseling Foundation (BCF) as our primary source for content, instruction, and homework. This manual is \$20.

D. 3 TIERS OF INVOLVEMENT:

FIRST TIER: Everyone is welcome to audit the course. You do not need to purchase the Self-Confrontation Manual if you are auditing (of course you are welcome to do so if you'd like). You do not need to do any of the take-home work if you are auditing. All those who are auditing are welcome to participate in the weekly sessions, but are not required to do any outside work.

SECOND TIER: If you are wanting a more intensive biblical discipleship opportunity, the second tier is for you. You will be asked to work through various parts of the Self-Confrontation Manual on your own. You will be asked to turn in various pieces of homework (i.e. memory verses, small writing projects, etc.). The time commitment for this second tier is roughly 2-3 hours per-week outside of class.

THIRD TIER: If you are wanting to be equipped to do biblical soul care,¹ the third tier is for you. You will be required to do all of the take home work at the end of every lesson, and turn it in for evaluation and feedback. The time commitment for this third tier is roughly 8-10 hours per-week outside of class.

¹ Soul care is how we are referring to the process of Biblical counseling. Since counseling has become such a clinical term, we want to intentionally shape all that we do through the lens of discipleship and caring for one another's souls.

THE INTERSECTION BETWEEN CHRISTIAN DISCIPLESHIP & SOUL CARE

- A. All followers of Christ (i.e. Christians) are called _____ - **Acts 14:21**
- B. All followers of Christ (i.e. Christians) are called to make disciples - Matthew 28:19
- C. Being a disciple who makes disciples is fairly simple - know the _____, live by the _____, and help others do the same - **Matthew 28:20**
- D. Biblical _____ are also requires - knowing the Word, living by the Word, and helping others do the same.

Soul Care requires a greater knowledge of the Word because the people you are caring for are in crisis - **2 Timothy 2:15**

Soul Care requires a greater skill in applying the Word so that you don't give right counsel at the wrong moment - **1 Kings 3:16-38**

Soul Care requires a greater _____ in the Christian life so that the Word has had time be worked out in every day moments - **Habakkuk 2:4 & 1 Timothy 3:6**

- E. Christian Discipleship & Soul Care are both built on God's Word and take place as we encourage one another from God's Word.

Self-Confrontation vs. Self-Affirmation

- A. The Message of Culture

Build yourself up – Love yourself more – Increase your self-esteem – Follow your heart – Do whatever makes you _____ (*as long as you don't hurt others in the process*)

The honest truth - the messages of culture sell because the natural man wants it.

The Word of God actually says that in the last days, men will be lovers of _____ - **2 Timothy 3:1-2**

QUESTION: Why is the message of self-affirmation, self-love, & self-esteem destined to fail?

ANSWER: _____

B. The Message of God's Word:

Instead of pleasing or exalting yourself, Scripture tells you to examine (or confront) and humble yourself - **Matthew 23:12 & 1 Corinthians 11:31**

This is self-examination is necessary because your heart (the human heart) is _____, desperately wicked, and beyond full understanding - **Jeremiah 17:9**

C. How we Begin Confronting our own Souls:

#1 – We must realize our own sinfulness & lost condition before God - **Psalms 14:1-3**

#2 – We must run to God as our _____ hope of eternal salvation – **Romans 6:23 & Titus 3:5-7**

D. How we Continue Confronting our own Souls:

#1 – You must be willing to constantly examine your own heart in the light of God's Word as a follower of Jesus - **Hebrews 4:12**

#2 – You must be willing to do the difficult work of _____ that is only possible by the power of the Holy Spirit at work through the Word – **John 14:26 & John 15:11**

The Purpose of FOUNDATIONS

A. PURPOSE: That you would determine biblically whether you are seeking to please yourself or seeking to please God in all you think and do - **2 Corinthians 5:9 & Colossians 1:10**

#1 – To teach you how to approach circumstances, relationships, and situations of life from a biblical perspective and to experience victory and contentment in all of life's trials, testings, and problems.

#2 – To prepare you to help others face and deal with their problems _____.

The Presuppositions for FOUNDATIONS:

A. The Bible is the _____ complete source that identifies the causes and provides the solutions to all of life's problems - **2 Timothy 3:16-17**

B. The Bible contains solutions to every problem of attitude, relationships, communication, and behavior - **2 Peter 1:3**

EXTRA NOTES:

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