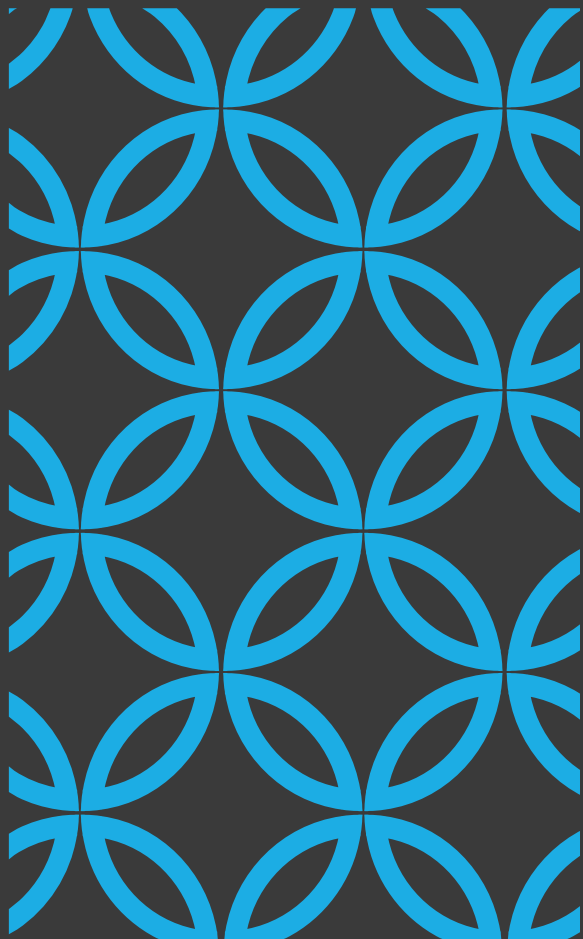


# THE DEFINITION AND CENTRAL ELEMENTS OF BIBLICAL COUNSELING

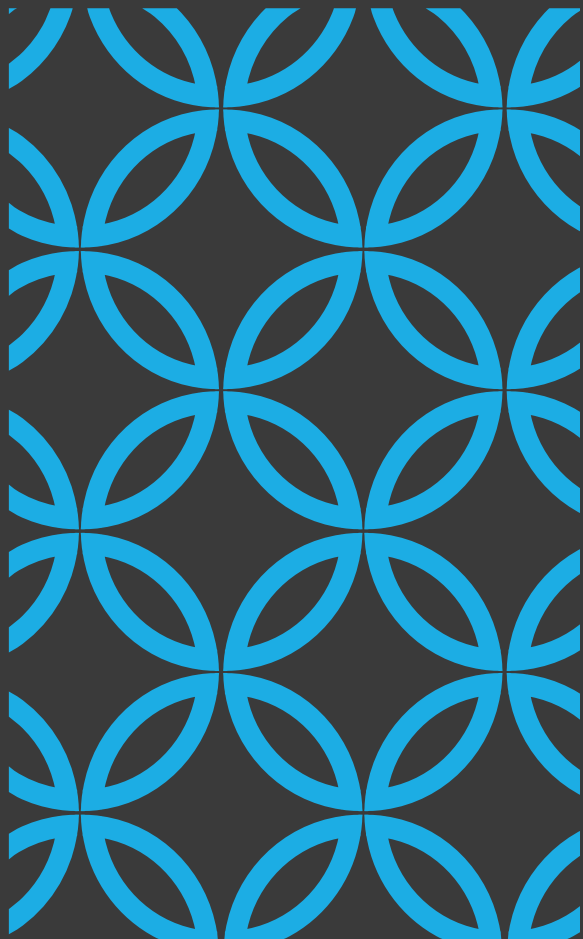
---



## DEFINITION OF BIBLICAL COUNSELING

---

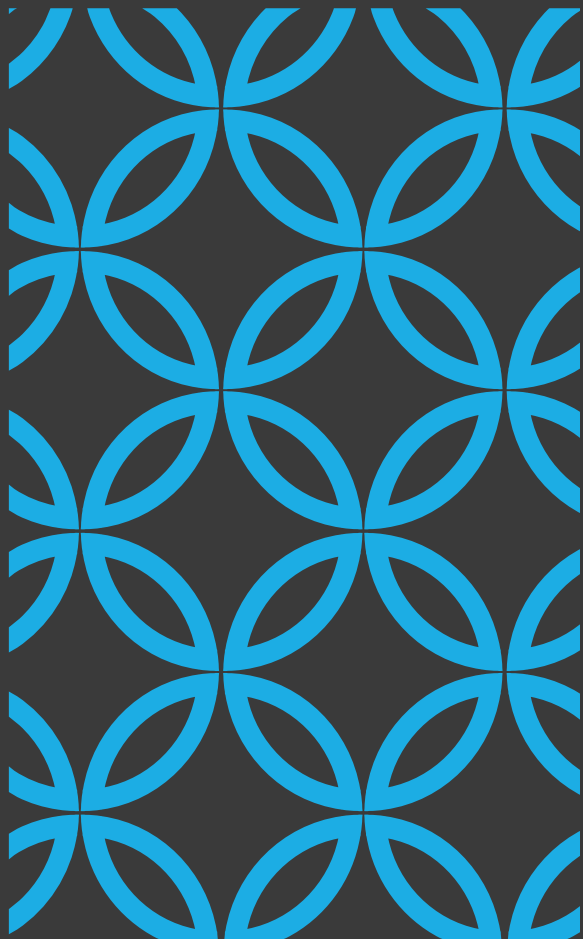
Biblical counseling can be defined as using the Word of God (the Bible) within the context it was written to provide solutions and the application of those solutions to non-organic, immaterial, spiritual, and what the world calls “psychological” or “mental disorder” problems. The Word of God is used in a precise and efficient manner to address these matters. The Word of God is used anticipating the salvation of sinners and the sanctification of Saints as a result.



## DEFINITION OF BIBLICAL COUNSELING

---

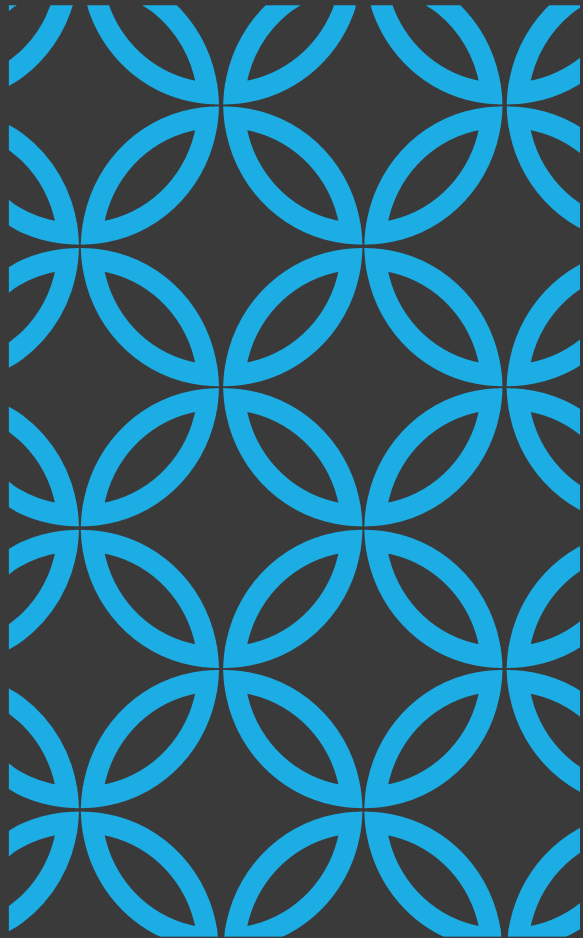
Biblical counseling can also be defined as using the Word of God to give comprehensive answers to non-physical problems on a small group level or one on one interpersonal level. In essence, biblical counseling is applied biblical systematic theology. It is the practical ministry that comes out of knowing and understanding the Bible and the theology of the Bible. Biblical Counseling is the practical, comprehensive ministry of soul care that comes out of knowing, understanding, and applying biblical systematic theology to life issues.



## CENTRAL ELEMENTS

---

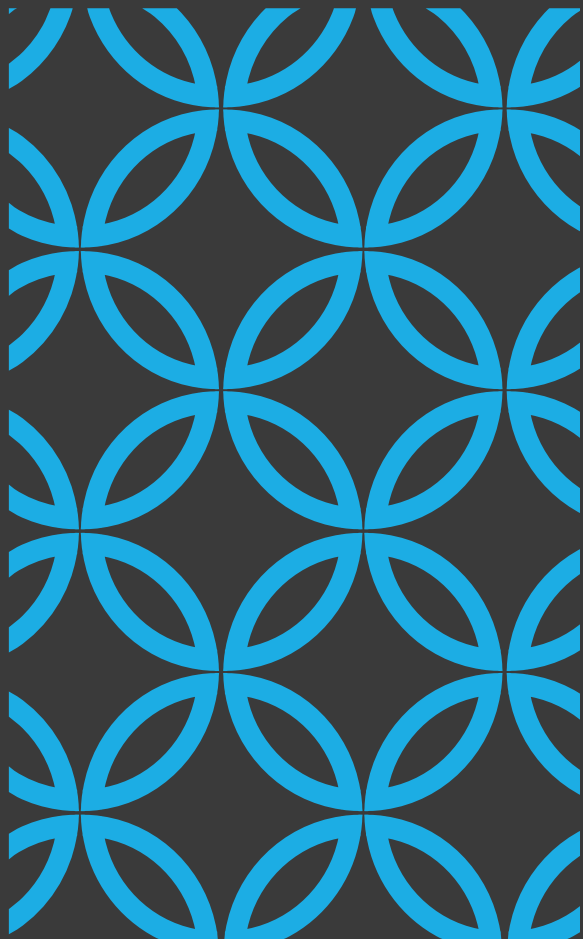
- A. God is saving *souls* from the power, penalty, and soon the presence of sin. (Ephesians 2:1-10, Colossians 1:12-14).
- B. God is maturing *Saints* into the image of Jesus Christ. (2Corinthians 3:18, Romans 8:29-30)
- C. God is using the *Church* through evangelism to save souls. (2Corinthians 5:18-20, Colossians 1:3-6).



## CENTRAL ELEMENTS

---

- D. God is using the *Church* through discipleship to mature saints into the image of Christ. (Matthew 28:18-20, Ephesians 4:11-15)
- E. Biblical Counseling is an *avenue* whereby evangelism and discipleship can take place resulting in God using it to save a soul from the power, penalty and soon presence of sin and maturing saints into the image of Jesus Christ. Every Christian should be involved in evangelism and discipleship. Therefore every Christian should be a counselor!

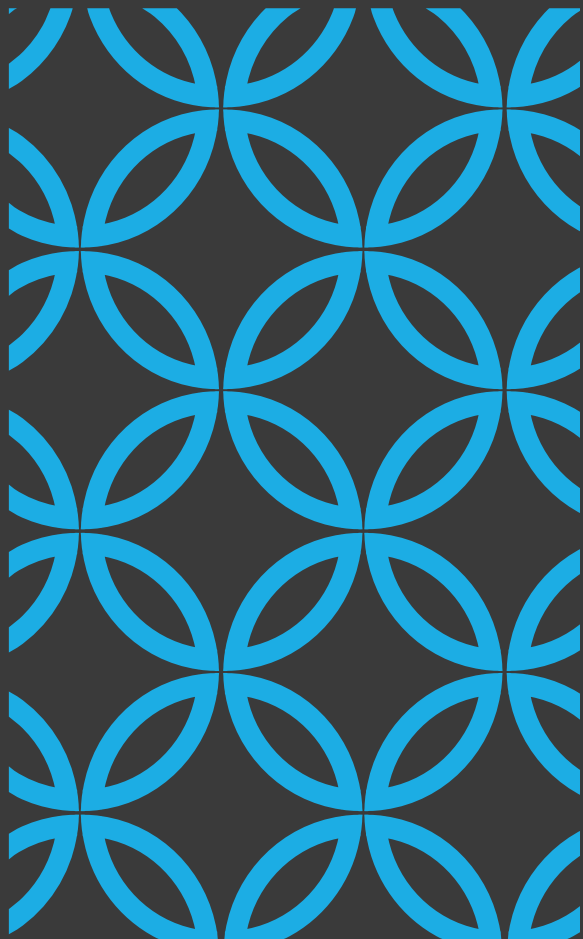


## CENTRAL ELEMENTS

---

F. All good biblical counseling is built around guiding people into *knowing* God intimately, *becoming* like Him in character and being *useful* to Him in service to others by:

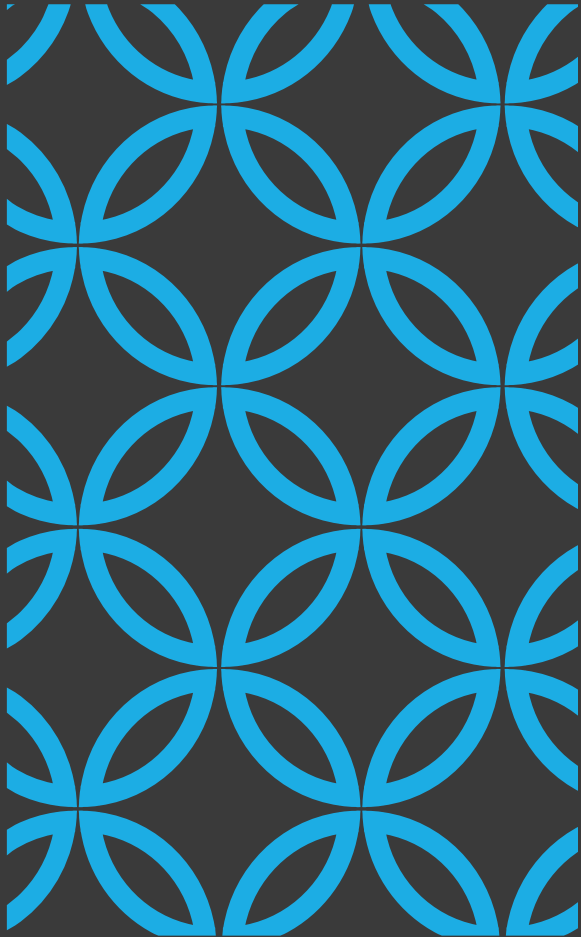
1. Helping people establish a right relationship with God the Father through putting their faith in the person and work of Jesus Christ.
2. Helping people understand and address the motivations of their hearts.
3. Helping people put off particular sins that keep them from loving God and loving others.



## CENTRAL ELEMENTS

---

- F. All good biblical counseling is built around guiding people into knowing God intimately, become like Him in character and be useful to Him in service to others by:
4. Helping people put on particular patterns of righteousness that produce a love for God and love for others.
  5. Providing wisdom to guide people discerning and choosing the best course of action in a situation.
  6. Consoling those who are suffering with biblical understanding and support.



## CENTRAL ELEMENTS

---

G. Overall, biblical counseling is built around helping people:

1. Gain a biblical understanding of God and submit to God's will accordingly.
2. Gain a biblical understanding of themselves and submit to God's will accordingly.
3. Gain a biblical understanding of others and submit to God's will accordingly.
4. Gain a biblical understanding of life's situations and circumstances and submit to God's will accordingly.

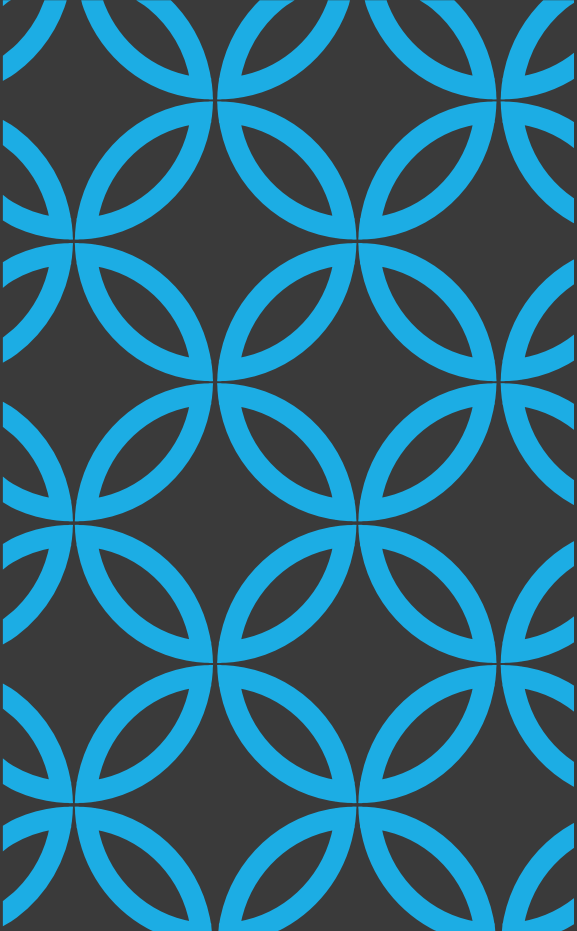




# BIBLICAL COUNSELING AND THEOLOGY

---

Christians must develop in biblical theology in order to provide genuine biblical counseling. Biblical theology can be defined as the systematic understanding of what the Scriptures say about various topics. This insight is gained from the proper exegesis of Scripture and classified accordingly. We cannot lead people into godly beliefs, values, attitudes, relationships and behavior without developing a biblical theology.



# BIBLICAL COUNSELING AND THEOLOGY

---

There are several key doctrines of the Christian faith that come out of proper exegesis of Scripture and are classified accordingly. These doctrines are foundational to biblical theology and essential for the principles and practice of genuine biblical counseling. The ascertaining and application of these essential doctrines will lead to God-honoring biblical counseling. Deficiency in the ascertaining and practice of these doctrines result in bad theology and unbiblical counseling. (For more on this read [A Theology of Christian Counseling](#) by Jay Adams.)

# BIBLICAL COUNSELING AND THEOLOGY

## Doctrines To Know About:

God  
Bible  
OT / NT  
Man  
Sin  
Salvation

Church  
Angels/Demons  
Covenants  
Eschatology  
Stewardship  
Rewards & Judgement

Leadership  
Spiritual Gifts  
Church History  
Ethnicity  
Justice  
Dispensationalism  
Law

## Disciplines How To:

Confess Sin  
Repent of Sin  
Study & Meditate

Forgive others  
Apply God's word to your daily life  
Serve Others

Pray, Worship, & Fast According to scripture.

## Duties How To:

Partake of the Lord's Supper  
Baptism  
Defend the Gospel  
Disciple others  
Give to the local church

Assemble together for Corporate Fellowship, Prayer, Worship, receiving God's word.

Encourage one another

Address Sin

Serve as leaders

## Demographics How To:

As a Man  
As a Woman  
As a Senior  
As a Young Adult  
As a Child  
As a Husband  
As a Wife

As a Parent  
As a Widow  
As a Divorcee  
As a Sufferer  
As a Prisoner  
As a Grandparent  
As a Sibling

As a Cousin  
As an Aunt  
As an Uncle  
As a Nephew  
As a Niece  
As an In-Law in all forms

## Discernment & Direction How To:

Understand the Kingdom Agenda

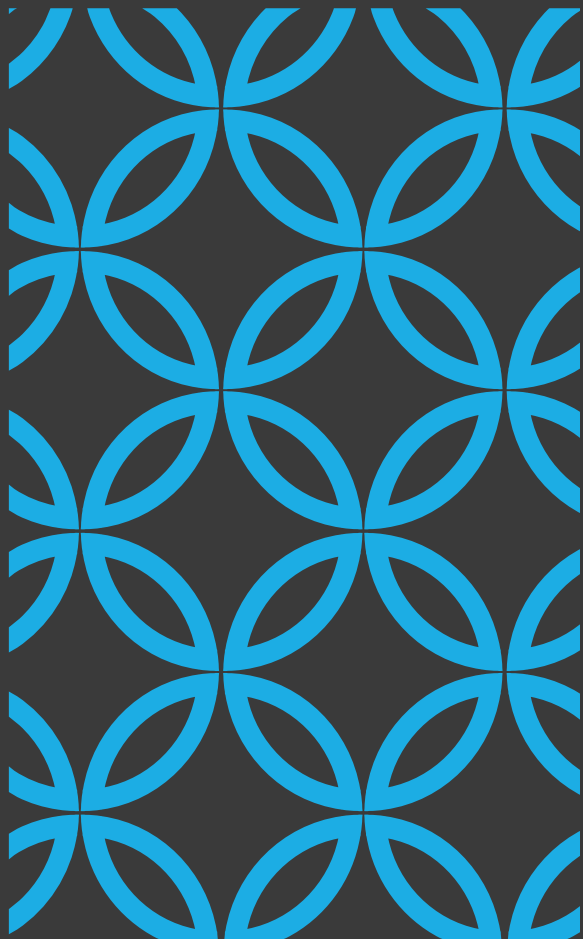
Make Decisions & Handle People in the Will of God

Handle Trials & Tribulations of life properly

Handle Politics in a God-honoring Way

Live your life for God's glory

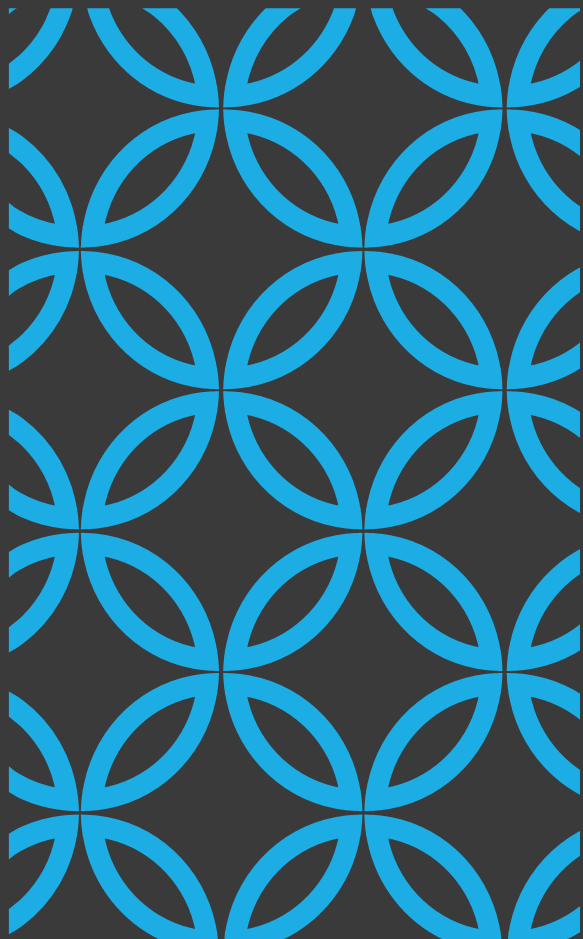
Be in the World but not like the world



## CENTRAL QUOTES FOR CONSIDERATION

---

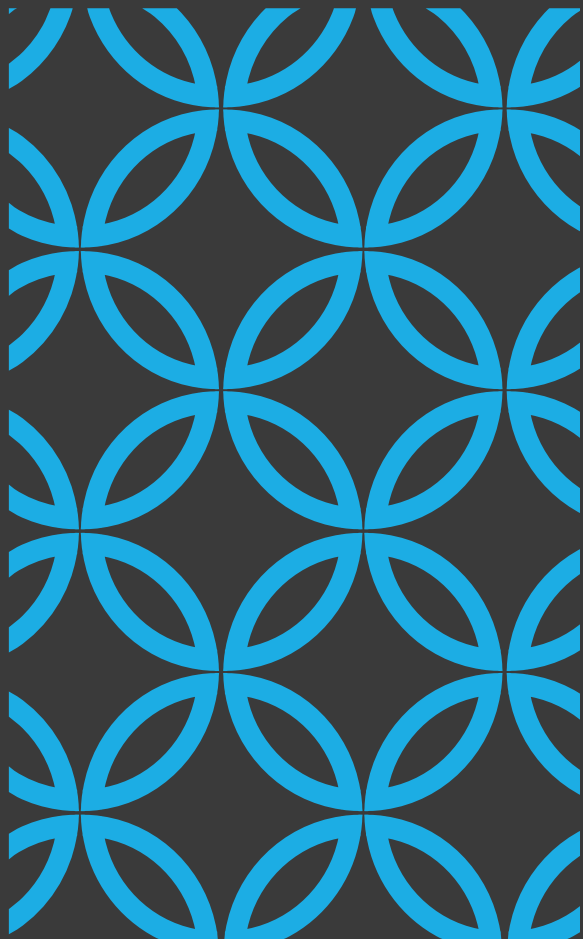
“The information unbelievers come to know by God’s common grace is simply not as important for counseling as the truth God reveals in the Bible about how Jesus changes people. Troubled people can know much information about counseling through common grace, but what they most deeply need is the Bible to reveal Jesus and his special grace in salvation.” (Lambert, Heath. A Theology of Biblical Counseling: The Doctrinal Foundations of Counseling Ministry (p. 101). Zondervan. Kindle Edition.)



## CENTRAL QUOTES FOR CONSIDERATION

---

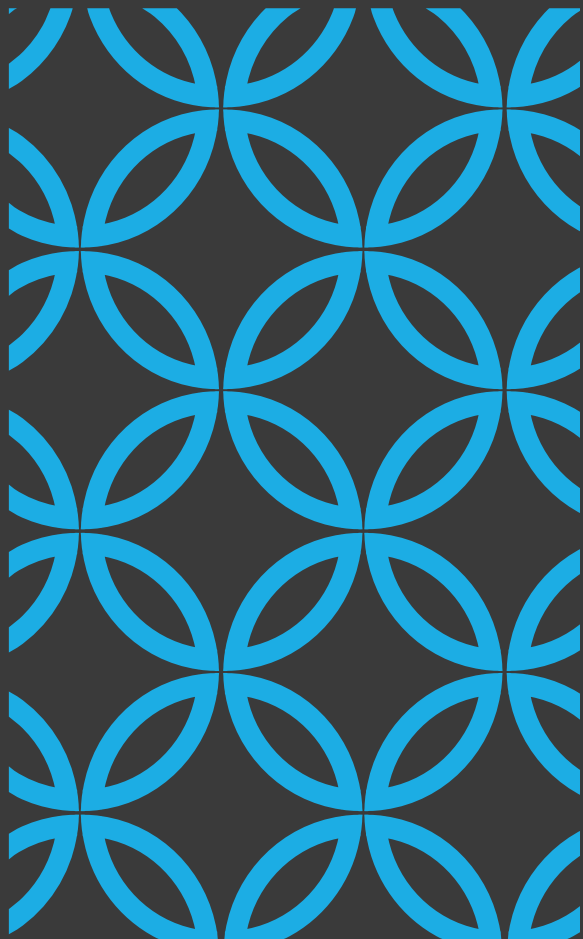
“When biblical counselors do their work, they are engaging in a conversation about the questions, problems, and troubles of their counselee and seeking to offer answers, solutions, and help. All manner of information may be true and available to a counselor that is not relevant for the answers, solutions, and help offered in counseling.....The issue is not the existence and importance of extra-biblical information made possible by the means of God’s common grace. The issue concerns the nature of central information vital to a task, such as counseling, versus peripheral information.” (Lambert, Heath. *A Theology of Biblical Counseling: The Doctrinal Foundations of Counseling Ministry* (p. 96-97). Zondervan. Kindle Edition.)



## CENTRAL QUOTES FOR CONSIDERATION

---

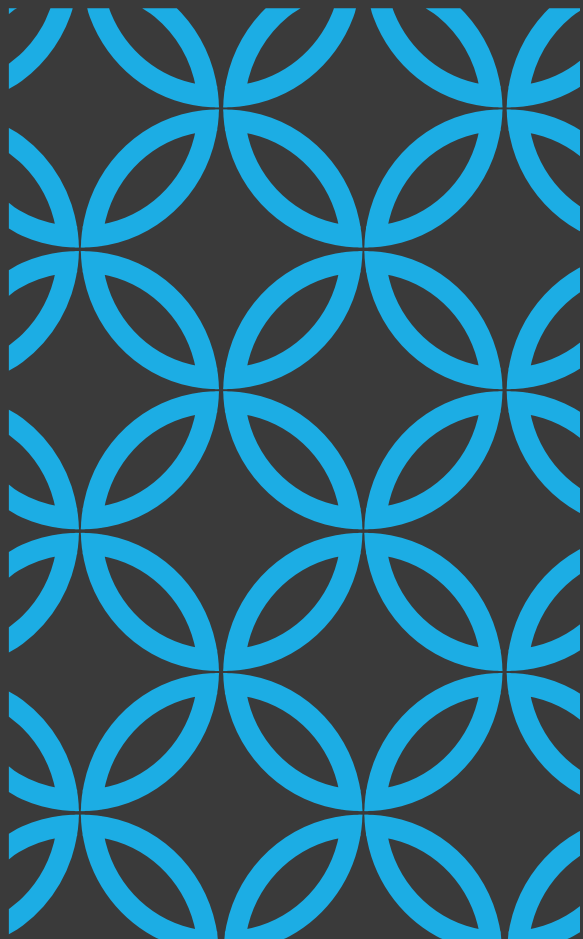
“When biblical counselors emphasize the use of Scripture to the exclusion of other resources, it is not a denial that accurate information is available in other places. It is a statement that no other source of information, no matter how true, offers the kind of help for counseling that God does in his Word.” (Lambert, Heath. *A Theology of Biblical Counseling: The Doctrinal Foundations of Counseling Ministry* (p. 84). Zondervan. Kindle Edition.)



## CENTRAL QUOTES FOR CONSIDERATION

---

In a biblical understanding, effective counsel always springs from a combination of an appropriate biblical strategy used by a counselor with an effective manner and received by a counselee who is willing to hear—all working under the grace of God. The Bible does not base counseling effectiveness on one independent variable but on a combination of variables. There is no reason for man to separate with research what God has joined together. In any event, the Bible never teaches that we must engage in empirical research to demonstrate the effectiveness of biblical ministry. This idea is actually grounded more in secular empiricism than in a belief in biblical authority. Empiricism teaches that something is not true until science has proven it to be true.

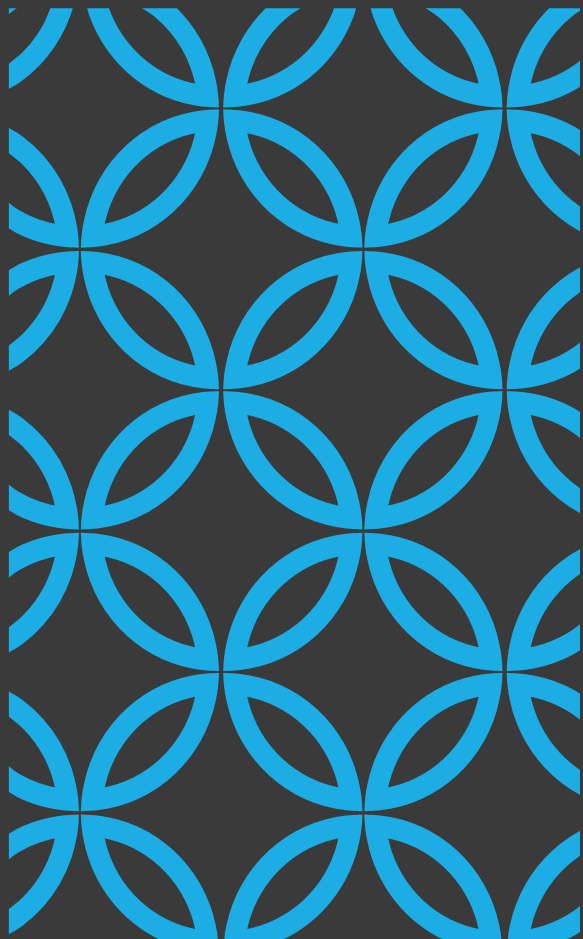


## CENTRAL QUOTES FOR CONSIDERATION

---

Biblical authority teaches that something is true when God declares it to be true. Of course, knowing exactly what God declares to be true is often complicated. But in our effort to discern truth, God did not prescribe empirical research but gave us a Bible that serves as its own interpreter, a community of faith in which to understand the Bible, and pastors given the task of teaching.” When the worldview of empiricism takes hold in the ministry of a counselor, it means death to the unique kind of counseling effectiveness that is grounded in faithfulness to the Scriptures....What must God think when his people talk about the principles of his Word only after they have been filtered through secular psychology?”(Lambert, Heath. *A Theology of Biblical Counseling: The Doctrinal Foundations of Counseling Ministry* (pp. 88-89). Zondervan. Kindle Edition.)

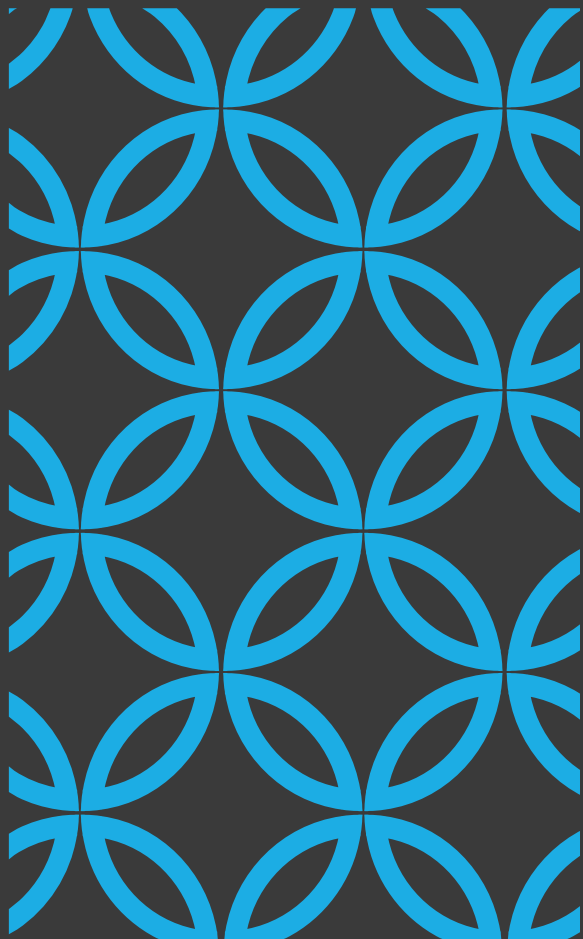




## CENTRAL QUOTES FOR CONSIDERATION

---

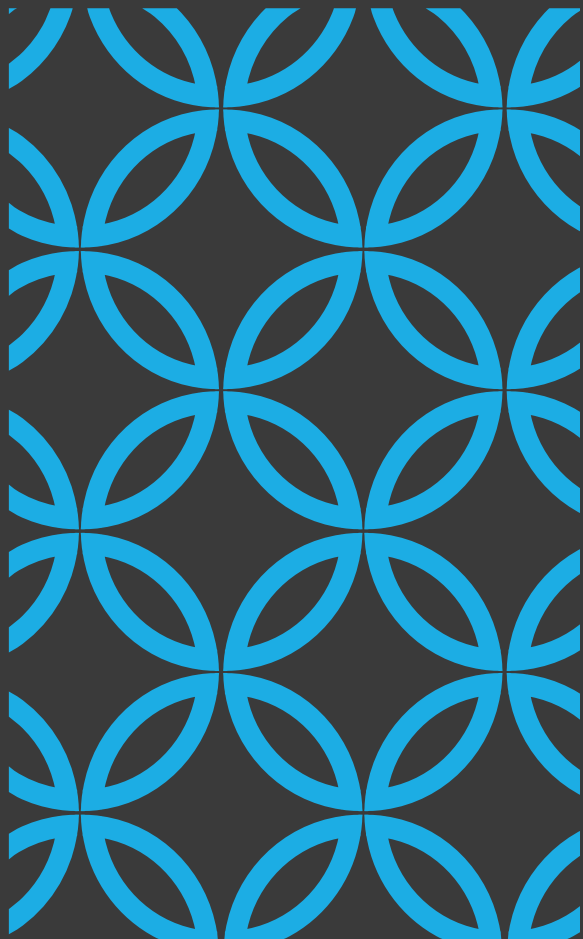
“To be clear, Christians are happy when empirical research demonstrates the truthfulness and effectiveness of the Bible. There are even some places where such information can advance the cause of Christ. But when counselors must demonstrate that everything God says has been empirically demonstrated to work, it undermines biblical authority by prizing the research that “proves” it to be true over God’s authoritative statements that make it true. It makes empirical proof the authority instead of God’s Word.” (Lambert, Heath. *A Theology of Biblical Counseling: The Doctrinal Foundations of Counseling Ministry* (p. 89). Zondervan. Kindle Edition.)



## CENTRAL QUOTES FOR CONSIDERATION

---

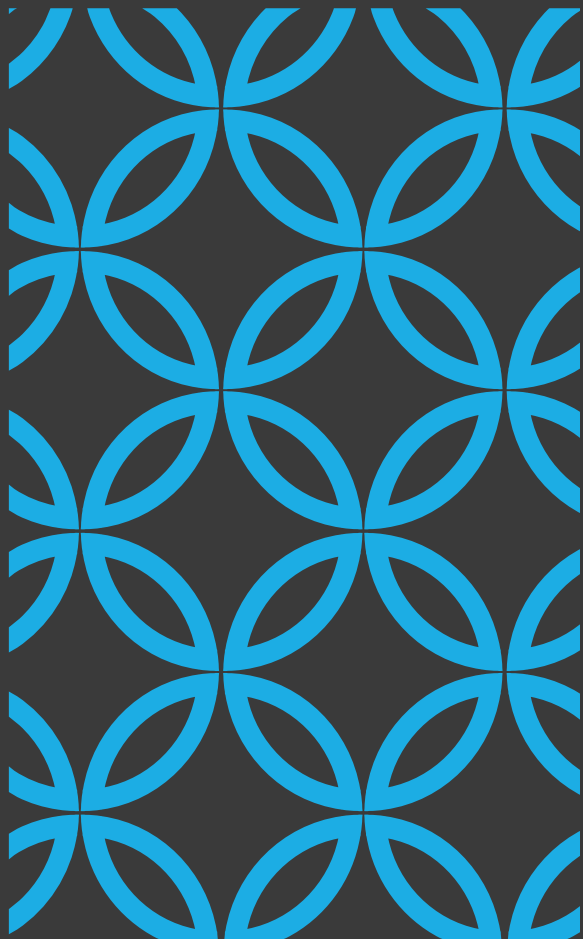
“Some would argue that we should evaluate secular approaches like CBT according to Scripture and strip them of their unbiblical observations, interventions, and worldview commitments. This is the goal of integrationists like Stanton Jones and Richard Butman in their book *Modern Psychotherapies*. With such an approach, the Bible serves as the control of beliefs that filter out unbiblical elements, allowing the parts of the therapy that conform with Scripture to remain and be used by Christians. This is the approach of Christian compassion suggested by Jones as quoted earlier in the chapter. This approach, though popular, has two significant problems. The first problem is that when Christian counselors use the Bible to evaluate the secular psychology they believe is so important to augment counseling ministry, it actually demonstrates the sufficiency of Scripture.



## CENTRAL QUOTES FOR CONSIDERATION

---

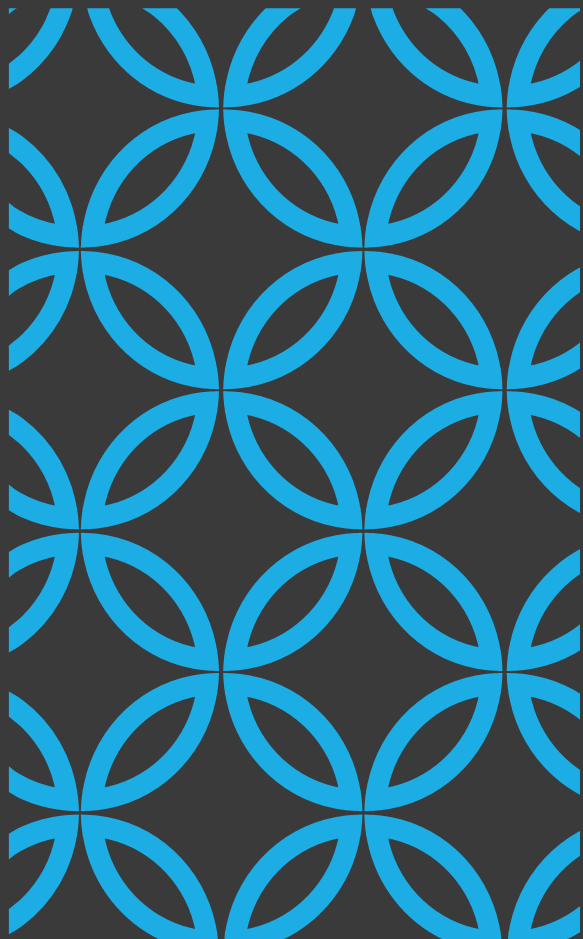
Let me explain. Christian counselors have argued that we need secular approaches to fill in the gaps of Scripture concerning counseling care. Christian counselors have also argued that we must use the Bible to evaluate these secular therapies to determine what elements of them should be included or excluded in order to be faithful. But every time Christian counselors use the Bible as the standard to evaluate secular therapies, they demonstrate that the contents of Scripture address the counseling principles they claim it lacks. Using the Bible to evaluate secular therapies proves that the content of Scripture includes the information relevant to the subject matter of counseling. It is not possible to have it both ways.



## CENTRAL QUOTES FOR CONSIDERATION

---

It is impossible to claim that the Bible is insufficient to develop counseling principles seen in secular therapy, but then use the Bible to adjudicate which of those secular principles are faithful and which are unfaithful. Christian counselors have to choose. Either the Bible is insufficient for counseling, and we must evaluate the legitimacy of secular approaches on something other than biblical grounds, or the Bible is sufficient to develop counseling principles, and the secular therapies add nothing essential to the church's counseling wisdom.



## CENTRAL QUOTES FOR CONSIDERATION

---

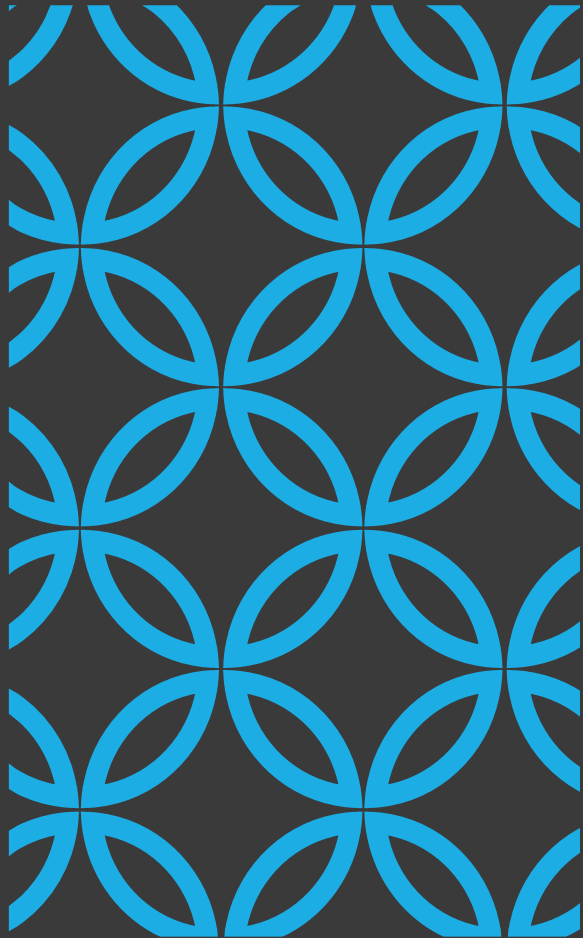
The middle position of claiming the insufficiency of Scripture for counseling while demanding biblical evaluation of secular therapy is untenable. If the Bible is sufficient to make a judgment about which specific elements of secular interventions are legitimate and which are illegitimate, then the Bible contains the resources to construct its own interventions.



## CENTRAL QUOTES FOR CONSIDERATION

---

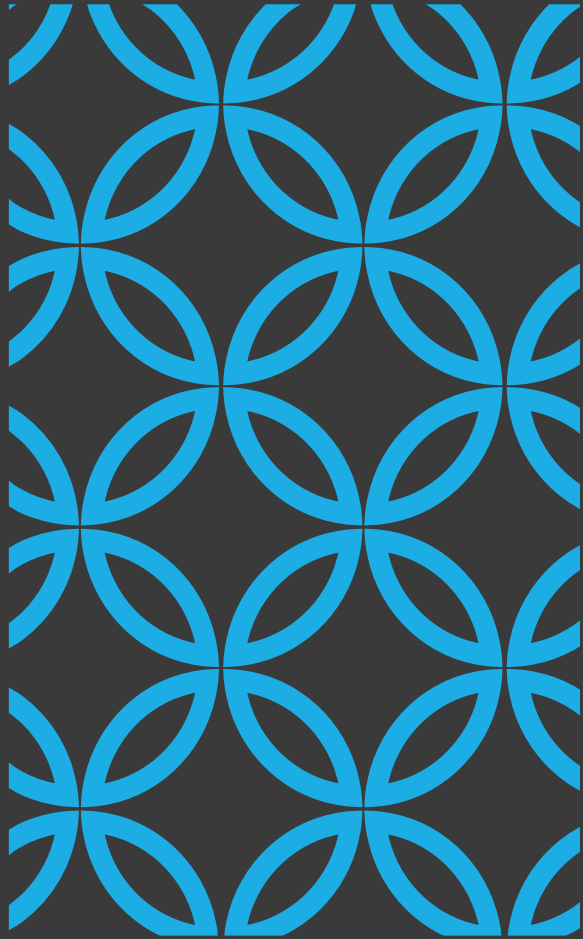
The second problem with using the Bible to filter out the unbiblical practices and worldview commitments of secular therapy is that after you take away unbiblical observations and worldviews, you are no longer left with the secular therapy. There is no need to create a faithful model of change beginning with a faithless model of change. It is much better, and far more efficient, to unpack the principles for change that are already sitting there in Scripture, waiting to be applied to life and counseling.” (Lambert, Heath. *A Theology of Biblical Counseling: The Doctrinal Foundations of Counseling Ministry* (pp. 98-100). Zondervan. Kindle Edition.)



## CENTRAL QUOTES FOR CONSIDERATION

---

“The revelation of Jesus Christ creates a distinctive conception of the relationship between counselor and counselee, a distinctive understanding of methodology, a distinctive social location for counseling practice to flourish. This care and cure for the soul systematically differs from how other psychotherapies deal with the same problems in living. Nothing comes ready-made. Biblical counseling wisdom is an ongoing construction project, like all practical theological work. It is one outworking of biblical faith into the particulars of our time, place, problems and persons.” David Powlison (Psychology & Christianity: Five Views pp. 245)



# THE DEFINITION AND CENTRAL ELEMENTS OF BIBLICAL COUNSELING

---