

**Biblical Soul Care**  
*A Road Map (Definitely a Guideline)*

A book by Eugene Peterson entitled:

A Long Obedience in the Same Direction  
*Discipleship in an Instant Society*

- Biblical Soul Care/Counseling is like taking a long trip of intensive discipleship in the same direction as well. The destination? ***Christlikeness that glorifies God!***
- What could be some stops along the way? It's important to know where we're going. (our trip home from Canada 2001) It's helpful to map out our stops sometimes before our trip, sometimes in the middle of our trip, and sometimes as we're traveling.
- What are some places they've been to but need to see again? 2 Peter 1:12-15
- What are some places they've never been before but need to see? Psalm 119:18

**The Six Steps in Biblical Soul Care**

1. Gathering information will help us determine where we're going to stop on our trip. Prov 18:13
2. Asking the Holy Spirit for help in discerning the issues biblically. Phil 1:9-10
3. Building involvement through relationship. I Thess 2
4. Giving gospel hope each time you meet. Psalm 25:5; Romans 5:5; Psalm 33:22
5. Giving biblical instruction that connects Christ and His Word to their lives. Eph 4:10-16
6. Giving Homework or a growth and change plan for them to work through between sessions is crucial. I Peter 2:2 Sets Biblical Counseling apart from all others.

*Picture our "trip" on a map beginning in Winchester and ending in San Diego. What might be some spiritual stops along the way for us to consider?*

- **The Person of God**
  - The majesty of God Psalm 104:1-2
  - The sovereignty of God. Psalm 71:16; Psalm 115:1-2
  - The love of God.
  - The goodness of God. Psalm 34:8
  - The universal and manifested presence of God the Father, Jesus the Son, and the Holy Spirit. John 14:16-31
  - What does a lifestyle of worship look like as we know and worship God?
- **The Person of Jesus Christ**
  - Who He is.
  - What he's done
  - What He continues to do in their life.
- **The Person and work of the Holy Spirit.**
  - The Holy Spirit gives us grace. Hebrews 10:29
  - The Holy Spirit pours out the love of God in our hearts. Romans 5
  - The Holy Spirit produces His fruit in us. Galatians 5
  - We are to be led by the Holy Spirit. Galatians 5

- **The Saint**
  - Identity in Christ. Ephesians 1
  - Belonging in Christ and His family.
  - Purpose in Christ.
  
- **The Sufferer**
  - The comfort of Christ, the presence of Christ, and hope of Christ
  - Learning how to Lament
  - The comfort from the body of Christ
  - So that... 2 Cor 1:3-7
    - we can comfort others.
    - our faith can be strengthened.
    - we can become more like Christ James 1:2-4; Romans 8:28-29
    - we can see that Jesus is sufficient. 2 Cor 12:9
  
- **The Sinner**
  - The significant price tags of sin. Psalm 32 & 38
  - What does a Christian do when they sin? I John 1:2:2
  - Confession, repentance, and request for help God's grace. Hebrews 4:14-16
  - Identity and victory of indwelling sin. Romans 6:1-14
  
- **Counseling comprehensively**
  - We are Lovers & Relators: spot idols encourage people to return to 1<sup>st</sup> love for Jesus and to love others.
  - We are Thinkers & Meaning-Makers: focus on exposing wrong thinking and renewing the mind.
  - We are Doers & Choosers: focus on put off old behaviors & motivations, put on new ones.
  - We are Feelers: identify w/ people's emotions, help lament w/ God, & equip them to grow into emotional maturity.
  
- **Counseling the dynamic heart.**
  - Faith is the means by which the gospel is received; thus, faith is at the center of heart transformation. God designed people from the very beginning to base their entire experience on what he says about them and their world. People ought to interpret the world as God interprets it, value the objects he values, commit to what he says is worthy of commitment. But because sin has corrupted people's hearts, they are unable to believe God's words on their own. Only the Holy Spirit can give the gift of faith and thus the power to change, and he does so through Scripture as the Word of God. Faith is how God restores his design for the human heart so that people can commune with him and reflect his character.
  - Spiritual problems are not a category alongside mental, emotional, or behavioral problems. Yes, these categories allow for helpful distinctions in how the heart is expressing itself, but all human responses are by nature spiritual.<sup>1</sup>
  - Our hearts are always responding.
    - To God and to others
    - To ourselves: our ideals and self-perception and to our circumstances
    - To God's Word and the work of His Spirit.
  
- **The importance of the body of Christ**
  - We need one another. Hence the One Another's
  - We need community.
  - We need to serve the Lord and one another.

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<sup>1</sup>Pierre, Jeremy (2016). The Dynamic Heart in Daily Life: Connecting Christ to Human Experience. New Growth Press. Kindle Edition.

**COMPREHENSIVE UNDERSTANDING OF PEOPLE AND CHRISTLIKE MATURITY INVENTORY (CMI)**

1. **We are EVERLASTING Beings: Designed for God as Our Ultimate Environment** – Ecc 3:11, Luke 4:1-13, Act 17:28, 1 Cor 10:31
  - a. CMI – Do our CEs judge their circumstances through grid of their Father's love, or judge Father's love by their circumstances?
  - b. Help them face circumstances with the presence and power of God.
  
2. **We are EMBEDDED BEINGS (Life Situation): Designed to be Connected to & Impacted by One Another** – Matt 26:40, I Cor 12:24-27
  - a. CMI CR – Do our CEs candidly experience life in this broken world?
  - b. CMI CE – To what degree do I honestly face the pain of life in a fallen world? How can I follow Christ's model of candidly facing loss?
  
3. **We are EMBODIED PHYSICAL Beings: Designed to be Body-Soul beings** – Gen 2:7, Matt 11:28-30, 26:41, 2 Cor 4:7
  - a. CMI CR – Do our CEs depend second by second on the Spirit bc they know they have the treasure of the image of God in jars of clay?
  - b. CMI CE – To what degree do I allow my physical weakness and limitations to motivate me to cling dependently to God's infinite strength?
  - c. See Mistake #8 Minimizing the Complexity of the Body-Soul Interconnection
  
4. **We are EMOTIONAL Beings: Designed to Feel Deeply** – Psalm 139:13-14, Matt 27:46
  - a. CMI CR – Do our CEs address their feelings face-to-face with their heavenly Father?
  - b. CMI CE – To what degree do I soothe my soul in my Savior by openly lamenting to Christ all that I feel?
  - c. Mistake #7 Devaluing Emotions for more on this
  
5. **We are VOLITIONAL Beings: Designed to Choose Courageously** – Josh 24:15, Matt 26:39
  - a. CMI CR – Do our CEs surrender and entrust their will to their heavenly Father's will?
  - b. CMI CE – To what degree do I surrender my will to my Father's will?
  
6. **We are RATIONAL Beings: Designed to Think Wisely** – Matt 6:9, Rom 8:31-39, 12:1-2, Phil 2:5-11
  - a. CMI CR – Do our CEs interpret life through a grid of the Father's holy love displayed on the cross of Christ? Do our CEs have a mindset of living to glorify the Father by sacrificially loving others?
  - b. CMI CE – To what degree do I interpret life through the lens of the cross? To what degree do I evidence the mind of Christ by living to glorify God and minister to others?
  
7. **We are RELATIONAL Beings** – Matt 22:35-40, John 4:1-26
  - a. **We are SELF AWARE: Designed for Relationship w/ Ourselves (Identity in Christ)** – Psalm 42:5, Luke 2:49, John 17:20-26, Rom 12:3
    - i. CMI CR – Do our CEs find their identity in their relationship to their Father?
    - ii. CMI CE – To what degree do I understand and apply my biblical identity in Christ?
  
  - b. **We are SOCIAL: Designed for Sacrificial Relationships w/ One Another** – Gen 2:18, Matt 22:39-40, John 10:11
    - i. CMI CR – Do our CEs make sacrificial loving ministry the goal of their relationships to others?
    - ii. CMI CE – To what degree do I evidence Christlike sacrificial love for others?
  
  - c. **We are SPIRITUAL: Designed for Worshipful Relationship w/ God** – Matt 22:35-38, Luke 23:46
    - i. CMI CR – Do our CEs entrust their souls to their Father's good heart?
    - ii. CMI CE – To what degree does the chief end of my life focus on exalting God, entrusting myself to God, and enjoying God?

