

EQUIPPED TO COUNSEL 201  
MODULE 6: COUNSELING METHODS  
LESSON 21: General Methods: Love & Discern

Module 6 – General Methods and Specific Methods & Conditions

Summary of the General (next 2 weeks p230)

- **Love** as Christ would love
- **Discern** as Christ would
- **Identify** biblical responses
- **Exhort** faithful life in Christ

Similar to Instruments Love/Know/Speak/Do

Similar to Build Involvement / Give Hope / Gather Data / Identify Issues Biblically / Give Instruction / HW

Instruments LOVE: **Intentionally building a relationship w/ another person in which God’s “change-work” can thrive.** Goal of the relationship is not personal peace or happiness (for them or you), but to make it a workroom for the Redeemer

“KNOW” is about **seeking to really know the person and seeking to discover where change is needed.** This goes against our natural tendency to have terminally casual relationships.

LOVE & DISCERN (Summary p 211)

- LOVE as Christ would love
  - Desire to help
  - Offer full attention
  - Labor to understand
  - Express compassion
  - Believe and speak the truth
- DISCERN the trouble as Christ would
  - Start w/ his/her understanding of the problem or pain – Camera out, flip camera in (Direct play)
  - Over time, gently help them examine the source of their problem in light of Scripture
  - Over time, gently help them examine attitudes, thoughts, emotions, and actions in response to the problem or pain and why they are responding in such a manner
  - Over time, help them restate the problem, if necessary, to reflect the pain in the light of Scripture as well as their thinking, feeling, and acting in response to their problem or pain in the light of Scripture
  - Over time, help them see their problem as it relates to the affections of their heart in relation to God and God’s affection for them

## RESOURCES

- Framing the problem: (Instruments p188)
  - a. **Situation:** What is going on?
  - b. **Response:** What is he/she doing in response to what is going on?
  - c. **Thoughts:** What is he/she thinking about what is going on? (Heart)
  - d. **Motives:** What does he/she want out of what is going on? (Heart)
- Circle of Concerns and Responsibilities (Trust/Obey )
- Xray Questions
- Heart Idols

## Referenced Verses

### 1. Desire to help

[Exodus 3:12 ] (12) And He said, "Certainly I will be with you, and this shall be the sign to you that it is I who have sent you: when you have brought the people out of Egypt, you shall worship God at this mountain."

[Joshua 1:5 ] (5) "No man will [be able to] stand before you all the days of your life. Just as I have been with Moses, I will be with you; I will not fail you or forsake you.

[Haggai 1:13-14 ] (13) Then Haggai, the messenger of the LORD, spoke by the commission of the LORD to the people saying, " 'I am with you,' declares the LORD." (14) So the LORD stirred up the spirit of Zerubbabel the son of Shealtiel, governor of Judah, and the spirit of Joshua the son of Jehozadak, the high priest, and the spirit of all the remnant of the people; and they came and worked on the house of the LORD of hosts, their God,

[Matthew 28:18-20 ] (18) And Jesus came up and spoke to them, saying, "All authority has been given to Me in heaven and on earth. (19) "Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit, (20) teaching them to observe all that I commanded you; and lo, I am with you always, even to the end of the age."

[Romans 15:7 ] (7) Therefore, accept one another, just as Christ also accepted us to the glory of God.

### 2. Offer full attention

[Exodus 22:23 ] (23) "If you afflict him at all, [and] if he does cry out to Me, I will surely hear his cry;

[1 Kings 8:30 ] (30) "Listen to the supplication of Your servant and of Your people Israel, when they pray toward this place; hear in heaven Your dwelling place; hear and forgive.

[James 1:19 ] (19) [This] you know, my beloved brethren. But everyone must be quick to hear, slow to speak [and] slow to anger;

[Psalm 65:2 ] (2) O You who hear prayer, To You all men come.

### 3. Labor to Understand

[Psalm 147:5 ] (5) Great is our Lord and abundant in strength; His understanding is infinite.

[Hebrews 12:3 ] (3) For consider Him who has endured such hostility by sinners against Himself, so that you will not grow weary and lose heart.

[Hebrews 4:15 ] (15) For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as [we are, yet] without sin.

### 4. Express Compassion

[Psalm 27:10 ] (10) For my father and my mother have forsaken me, But the LORD will take me up.

[Romans 15:2-3 ] (2) Each of us is to please his neighbor for his good, to his edification. (3) For even Christ did not please Himself; but as it is written, "THE REPROACHES OF THOSE WHO REPROACHED YOU FELL ON ME."

[1 Corinthians 12:23-25 ] (23) and those [members] of the body which we deem less honorable, on these we bestow more abundant honor, and our less presentable members become much more presentable, (24) whereas our more presentable members have no need [of it.] But God has [so] composed the body, giving more abundant honor to that [member] which lacked, (25) so that there may be no division in the body, but [that] the members may have the same care for one another.

[1 Peter 5:7 ] (7) casting all your anxiety on Him, because He cares for you.

### 5. Believe and speak the truth

[Ephesians 4:15 ] (15) but speaking the truth in love, we are to grow up in all [aspects] into Him who is the head, [even] Christ,