

## **Biblical Soul Care**

### *A Road Map (Definitely a Guideline)*

- Biblical Soul Care/Counseling is like taking a long trip of intensive discipleship. What is the destination? **Christlikeness that glorifies God!**
- What could be some stops along the way? It's important to know where we're going. 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 wisdom in **discerning the issues biblically**. Phil 1:9-10
3. **Building involvement** through relationship. 1 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 meetings is crucial. 1 Peter 2:2 and 2 Peter 1:3 Sets Biblical Counseling apart from all others.

*Picture our "trip" on a map beginning in Winchester and ending in California. 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 – 1 John 3:1-3
  - The goodness of God - Psalm 34:8, Rom 2:4
  - The universal and manifested presence of God the Father, Jesus the Son, and the Holy Spirit - John 14:16-31
- **The Person of Jesus Christ**
  - Who He is – example deity John 1, Col 1, Heb 1, Rev 1
  - What he's done
  - What He continues to do in their life – Heb 4:14-16
  - Knowing Jesus in an intimate and loving relationship - John 17:3, Phil 3:8, John 14:21
  - "We're as close to God as we choose to be"
  - Counsel the gospel. Romans 1:15
    - Establish that they know Jesus/are born again
    - Continue to preach the gospel to them. Teach them to preach the gospel themselves. Discover our forgiveness, position, identity, etc
- **The Person and work of the Holy Spirit (Warrior Spirit)**
  - The Holy Spirit gives us grace - Hebrews 10:29, Titus 2:11-14
  - The Holy Spirit pours out the love of God in our hearts - Romans 5:5
  - The Holy Spirit produces His fruit in us - Gal 5
  - The Holy Spirit fights for us: We are to be led by and depend on the Holy Spirit - Gal 5
- **Creation / the Fall / Redemption – We are part of a much larger story**
  - **Created** to worship and know God – Gen 1:26-27 (prior to fall)
    - Revelation receivers, interpreters, worshippers
    - we were designed to be in daily submission to God and to live for His Glory
    - We do not live life base on the facts, but based on our **interpretations** of the facts – applies & shapes our thoughts, emotions, and will in all circumstances (suffering & blessing)
  - Same facts – a new voice & interpretation - Gen 3:1-7

- We become like what we worship Psalm 115:1-8, 2 Cor 3:18
- **The Fall:** Sin => Rebellion, Foolishness, Inability to do what God wants us to do
  - Rebellion – we want control and hate being controlled – mini gods – our will be done
    - Lie of Autonomy – “I have the right to do what I want when I want to do it”
    - Lie of Self Sufficiency – “I have everything I need in myself, I don’t need to depend on or submit to anyone”
    - Self-Focus – “I am the center of my world. It is right to live for myself & to do only what brings me happiness”
  - Foolishness (Prov 12:15, Prov 18:1-2)
    - believes there is no perspective, insight, theory, or “truth” more reliable than our own – they are their own source of wisdom, not reliant on God’s wisdom
    - Open to no one’s counsel – sees little to no need to study God’s Word
  - Inability to do right
    - Not just that I don’t want to do God’s will, or I think my way is better, even when I have the right intentions, I can’t do it.
  - Replace the King with a thing (Rom 1:18-32, Jas 4:4) – Idolatry/spiritual adultery
- **Redemption and the Gospel**
  - What was the purpose of the cross? (2 Cor 5:14-6:2, Rom 6:1-14)
    - Reconcile us to God, rid us of rebellion, make wise the foolish, and give us the ability to know and do what God wants us to do – Redemption
    - Justification – the promise of forgiveness and eternity in heaven
    - Indwelling of the Holy Spirit - recapturing the hearts of people to serve God alone – break the back of self-absorbed idolatry
    - Be Reconciled to God / Draw near to God (2 Cor/James) – tend to wander, drawn back to worship of God from the “real you” – Lives shaped by worship of Him
  - The gospel – both **comfort** (acceptance v1-11) and **call** (obligation v12-17) (Rom 8:1-17)
    - Comfort draws us out – free to self-examine & confess – stop rationalizing & blame shifting
    - Call – partner w/ Holy Spirit on sin search-and-destroy mission
  - Meaning & Purpose – Being an ambassador for the King (sovereign & good)
    - **Message** of the King: “What does the Lord want to communicate to this person?”
    - **Methods** of the King: “How does the Lord bring change in me & others? How would He respond to this person in this situation?”
    - **Character** of the King: “Why does the Lord do what he does? How can I faithfully represent the character that motivates his redemptive work? His goals?”
- **The Word of God**
  - The Word is sufficient - Psalm 19:7-14
  - The Word is living and active - Hebrews 12:4, 1 Peter 1
  - The Word sanctifies us - John 17:17, 1 Peter 1
  - The Written Word reveals the living Word
  - The Word gives hope - Psalm 25:5
  - We must be in the Word and the Word must be in us - John 15:7, Col 3:16, Psalm 119:11, Psalm 1:1-3, 2 Tim 3:16-17
  - The Word reveals our heart (thoughts & motives) – Heb 4:12-13
- **The Saint – Who we are (position), focus on encouragement**
  - Identity in Christ - Ephesians 1; Col 3:1-4
  - Belonging in Christ and His family - Ephesians 2:19-22
  - Purpose in Christ – 1Cor 10:31; 2 Cor 5:9-15
- **The Sufferer – How we are, focus on helping w/ a biblical perspective on suffering**
  - The comfort of Christ, the presence of Christ, and hope of Christ
  - Learning how to Lament (+/- 30% of Psalms)

- 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
- Interpretation & theology of suffering – Heb 2:10-11
- **The Sinner – focus on helping the person want God's way not theirs**
  - The significant price tags of sin - Matt 5, Psalm 32 & 38
  - What does a Christian do when they sin?
  - Confession, repentance, and request for help God's grace
    - C.A.R. - 1 John 1:9-2:2, Titus 2:11-14, Hebrews 4:14-16
      - Confess your sin
      - Affirm His promise of cleansing and fellowship restoration
      - Request help for grace
  - Identity and victory over indwelling sin - Romans 6:1-14
- **Counseling comprehensively** (see resource Consider your Counsel)
  - We are Lovers & Relators: spot idols encourage people to return to 1<sup>st</sup> love for Jesus and to love others - Isaiah 44:9-20, 1 John 5:21, 1 Thess 1:9-10
  - We are Thinkers & Meaning-Makers: focus on exposing wrong thinking and renewing the mind - Romans 12:1-2, Phil 4:5-8, 2 Cor 10:3-5
  - We are Doers & Choosers: focus on put off old behaviors & motivations, put on new ones - Col 3
  - We are Feelers: identify w/ people's emotions, help lament w/ God, & equip them to grow into emotional maturity - Gal 5:22-23
- **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>
  - Life comes from the heart
    - Attitudes, words, actions, thoughts, beliefs, values, the will, mind, desires, and emotions come from our hearts. Proverbs 4:23; Luke 6:43-45; James 4:1-10
  - 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.
    - Grow, connect, and serve the Lord

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

- We need to serve the Lord and one another.
- Help them get connected to a community group if they have not.

## **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. Others - Do our CEs judge their circumstances through grid of their Father's love, or judge Father's love by their circumstances?
  - b. Self - 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, 1 Cor 12:24-27
  - a. Others - Do our CEs candidly experience life in this broken world?
  - b. Self - 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. OTHERS – 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. SELF – 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. OTHERS – Do our CEs address their feelings face-to-face with their heavenly Father?
  - b. SELF – To what degree do I soothe my soul in my Savior by openly lamenting to Christ all that I feel?
5. **We are VOLITIONAL Beings: Designed to Choose Courageously** – Josh 24:15, Matt 26:39
  - a. OTHERS – Do our CEs surrender and entrust their will to their heavenly Father's will?
  - b. SELF – 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. OTHERS – 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. SELF – 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. OTHERS – Do our CEs find their identity in their relationship to their Father?
    - ii. SELF – 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. OTHERS – Do our CEs make sacrificial loving ministry the goal of their relationships to others?
    - ii. SELF – 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. OTHERS – Do our CEs entrust their souls to their Father's good heart?

- ii. SELF – To what degree does the chief end of my life focus on exalting God, entrusting myself to God, and enjoying God?<sup>2</sup>

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<sup>2</sup>A Resource taken from notes from Consider Your Counsel by Dr. Robert Kelleman:

# The Heart, Worship, and Walking in the Flesh vs. Spirit

## Hunter Mayo

1. Where does our behavior come from?
  - a. Worldly explanations (pg. 186-187 physical and social context, Henderson)
    - i. past childhood mistreatments, trauma, parental neglect, dysfunctional family
    - ii. present hardships, current circumstances, frequently mistreated
    - iii. medical model – fatigue, genes, brain chemistry
    - iv. Tempted by satan, he made me do it (pg. 187 spiritual context, Henderson)
    - v. While these factors may contribute to our responses, our responses come from where we place our worship
  - b. Biblical Explanation - our behavior comes from the desires of our heart
2. Biblical definition of the Heart – nearly 700 passages on the heart (additional notes see Tedd Tripp, *Shepherding a Child's Heart*)
  - a. Common cultural association of heart is emotions and sensitive part of us
  - b. Biblical definition is broader - the non-physical core of who you are inclusive of mind, emotions, will, desires, goals, hopes (soul, spirit, innermost being, mind are also used)
    - Ezekiel 36:26 – I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.
    - Proverbs 4:23 – NIV-Above all else, guard your heart, for everything you do flows from it.  
NASB – Watch over your heart with all diligence, for from it flow the springs of life.
    - Believe– Rom 10:9-10-with the heart one believes and is justified
    - Think – Gen 6:5-thoughts of men's hearts were evil continually
    - Speech is an overflow of the heart – Luke 6:43-45...out of abundance of the heart, his mouth speaks [aside- "each tree is known by its fruit" is a passage about identifying false teachers not identifying believers by their fruit]
    - Become convicted - 1 Samuel 24:5 – And afterward David's heart struck him, because he had cut off a corner of Saul's robe.
    - Remember – Deuteronomy 6:6 – And these words that I command you today shall be on your heart. (Psalm 119:11, Prov 4:21)
    - Discern- Ecclesiastes 10:2 – A wise man's heart inclines him to the right, but a fool's heart to the left.
    - Develop intentions/desires - Hebrews 4:12 – For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart. (Job 17:11)
    - Make plans—Proverbs 6:12 – A worthless person, a wicked man, goes about with crooked speech, winks with his eyes, signals with his feet, points with his finger, with perverted heart devises evil (Prov 16:9)
    - Experience peace – Prov 14:30, Prov 17:22
    - Make connections - Ephesians 1:18 – eyes of your heart enlightened
    - Meditate / Ponder – Luke 2:19-Mary ponders in her heart (Psalm 77:1)
    - Fear -1 Samuel 28:5 – When Saul saw the army of the Philistines, he was afraid, and his heart trembled greatly.
    - Experience gladness – Psalm 16:9, Psalm 33:21
    - Grieve/Anguish/Sorrow– Psalm 38:8, Psalm 55:4, John 16L6
    - Love – Deut 6:5 - Love the LORD your God with all your heart, soul, strength
    - Become stubborn- Exodus 8:32 – Pharaoh hardened his heart this time also, and did not let the people go. (Psalm 81:12)
    - Lust – Matt 5:28 – anyone who looks at a woman lustfully has committed adultery with her in his heart (Numbers 15:39, Prov 6:25, Ezek 6:9)
    - Pride – Prov 18:12, Prov 21:4
    - Rejoice – 1 Sam 2:1, Psalm 13:5
    - Seek God or don't seek God -1 Kings 11:4 – As Solomon grew old, his wives turned his heart after other gods, and his heart was not fully devoted to the LORD his God, as the heart of David his father had been. (Psalm 27, Jeremiah 29:13)

- Treasure things - Matt 6:21
  - Give – 2 Cor 9:7
  - Repent- 1 Kings 8:47, Acts 8:22
  - Experience peace - Phil 4:7, Col 3:15
  - Serve God-Deut 11:13
- c. Sin comes from the Heart – Mark 7:20-23 – “What comes out of a man is what makes him unclean. For from within, out of men’s hearts, come evil thoughts, sexual immorality, theft, murder, adultery, greed, malice, deceit, lewdness, envy, slander, arrogance, and folly. All these evils come from inside and make man unclean.”
3. Behavioral change versus Heart change – root and fruit
- a. Take a rotten apple tree not producing fruit. I can fool my neighbors a little bit if I staple good apples on the tree. But, at the core it’s still rotten. Same is true for ourselves. When we go for behavioral change, it’s the equivalent of fruit stapling. The root/core of the person doesn’t change. We produce what is within our hearts. Our “good actions” can fake others out, but the heart is the target for change. Jesus spoke of this extensively regarding the Pharisees (white washed tombs).
4. Justification vs. Sanctification
- a. Identity truths – we aren’t a sinner anymore, we became a redeemed saint the moment of belief
  - b. But our inner self is trapped in an earth suit of flesh
  - c. Result – our hearts are not fully sanctified – we need the work of the Holy Spirit, and the community of believers to make our hearts more like Christ’s heart
  - d. Heart of a Christian can be fleshly-driven or Spirit-driven in any moment (Worshipping the Lord is denying the fleshly desires and yielding to the Spirit)
5. Gospel is beautiful – Justification - the initial power to change our eternal destiny by receiving the forgiveness of our sins and the righteousness of Christ. Sanctification - the ongoing power of the gospel to change us into more Christ-likeness. God is in the business of changing our hearts. Changing our sinful behavior requires uprooting the sinful beliefs/motives within our heart and replacing them with godly ones
6. Why do we need to “guard our hearts” – Proverbs 4:23
- a. Heart can be led astray to pursue desires that are not Godly. Jerem 17:9 “The heart is deceitful above all things and beyond cure. Who can understand it?”
  - b. Our hearts are idol factories
    - i. “Idol is anything or anyone that captures our hearts, minds, and affections more than God” (Brad Bigney, *Gospel Treason*)
    - ii. Fame, worldly success, money, pleasure
    - iii. Good things can also become idols
      - 1. Kids that don’t fight
      - 2. Safety - nothing bad to happen to me or my family
      - 3. Kids that earn good grades
      - 4. My husband to cherish me
      - 5. My wife to respect me
7. Battle of the heart - James 4:1-10 (pg 185 Henderson)
- a. Myself and my kingdom vs. Christ and His kingdom (even believers move back and forth-Romans 7; James 4:3)
  - b. James: desires and pleasures “battle” within us (1 Pet 2:11, Gal 5:16-26) – flesh vs. Spirit
  - c. Coveting – wanting something we don’t have
  - d. Indulging personal pleasures – “selfish motives” (James 4:3)
  - e. Desires can be good, God pleasing, but we desire that legitimate/good desire too much by putting that desire ahead of God
8. How do we know if a good desire is consuming us?
- a. You ruminate on it, thinking about it constantly and not trusting it to the Lord
  - b. You are willing to sin to get the desire. Or you manipulate others to get your desire.
  - c. You sin when you don’t get what you want. God in his sovereignty withhold’s your heart’s desire (even a good one). How do you respond? Are you learning Godly contentment?

## **Relational Discipleship & Biblical Soul Care**

### **Discussion Questions:**

1. Community Engagement: How can you emphasize the importance and benefits of connecting to a community group or church body in supporting spiritual growth and healing?
2. Have you heard of the idea of applying the gospel to your life daily or moment by moment? If it's a new thought, what do you think? If you have, how has it helped in "growing in Christlikeness"?
3. Have you ever had someone "enter into your suffering" or "climb in the casket w/ you" by listening well, offering comfort, and connecting you w/ God? How did that help you grow closer to Jesus? Have you been able to do the same w/ someone else?
4. God is sovereign, infinitely good and wants to change us for our good. Does knowing God & His character give you hope & endurance to know the difficult person or situation in your life is not there by accident, but has been divinely allowed for growth of you & others? Why or why not?
5. Instilling Hope: Why is it important to instill gospel hope (Psalm 25:5; Romans 5:5) in your conversations, and what are some practical ways to achieve this?
6. Do you ever share a verse or passage of scripture in conversations w/ friends, family, or coworkers? In the Biblical Soul Care ministry this is called giving biblical instruction or a "growth plan" or homework. Do you know if it helped the recipient grow closer to Jesus? Is it something the church body / every believer should do more of? Why or why not?
7. Identifying Identity: When counseling, how can understanding a person's identity and belonging in Christ (Ephesians 1; Colossians 3:1-4) improve their self-perception and choices?
8. Encouraging Repentance: Why is confession and repentance (1 John 1:9) a critical focus in growing spiritually, and how do you effectively guide someone through this process?