

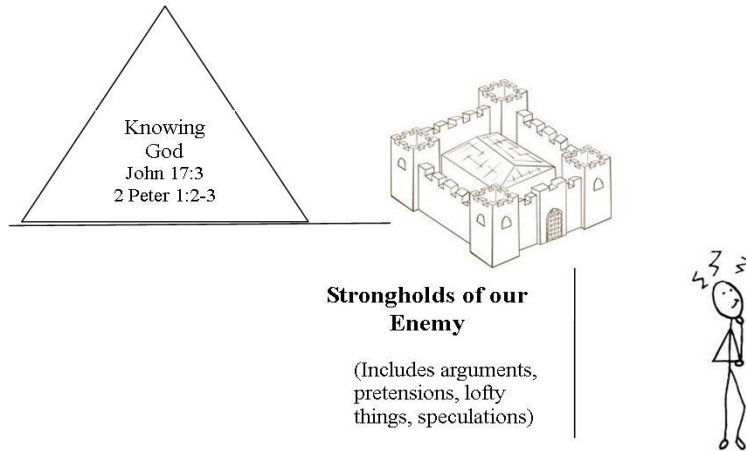
**Biblical Counseling 301**  
**August 5, 2018 // Class Nine – Good Counseling Tools, part 2**

**I. Introduction**

- A. Today we are going to look at more “tools” that counselors should have in their “toolbox” to help counselees see and understand some important concepts.
  
- B. If you want an electronic version of these so that you can reproduce them more easily for counselees, please ask my secretary, Sherri Libby, at [sherril@bcva.org](mailto:sherril@bcva.org)

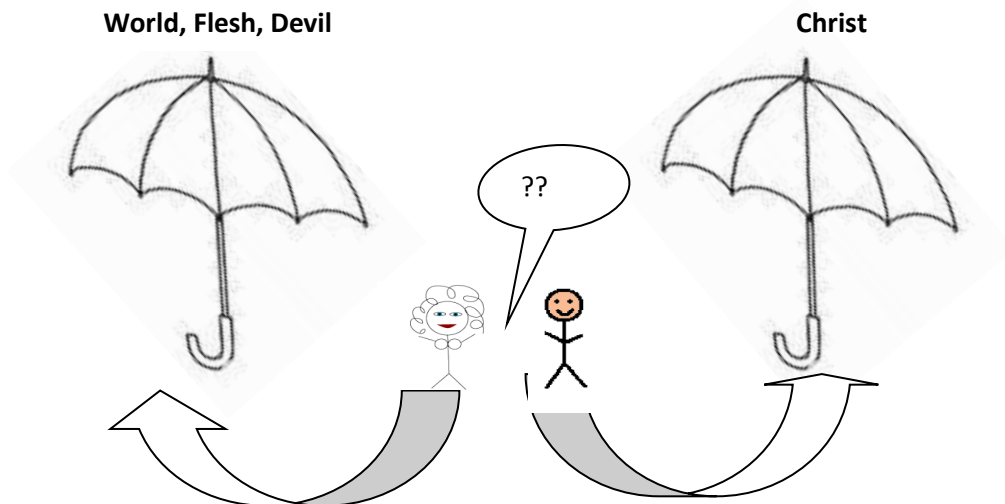
# The Spiritual Battle

2 Corinthians 10:3-5



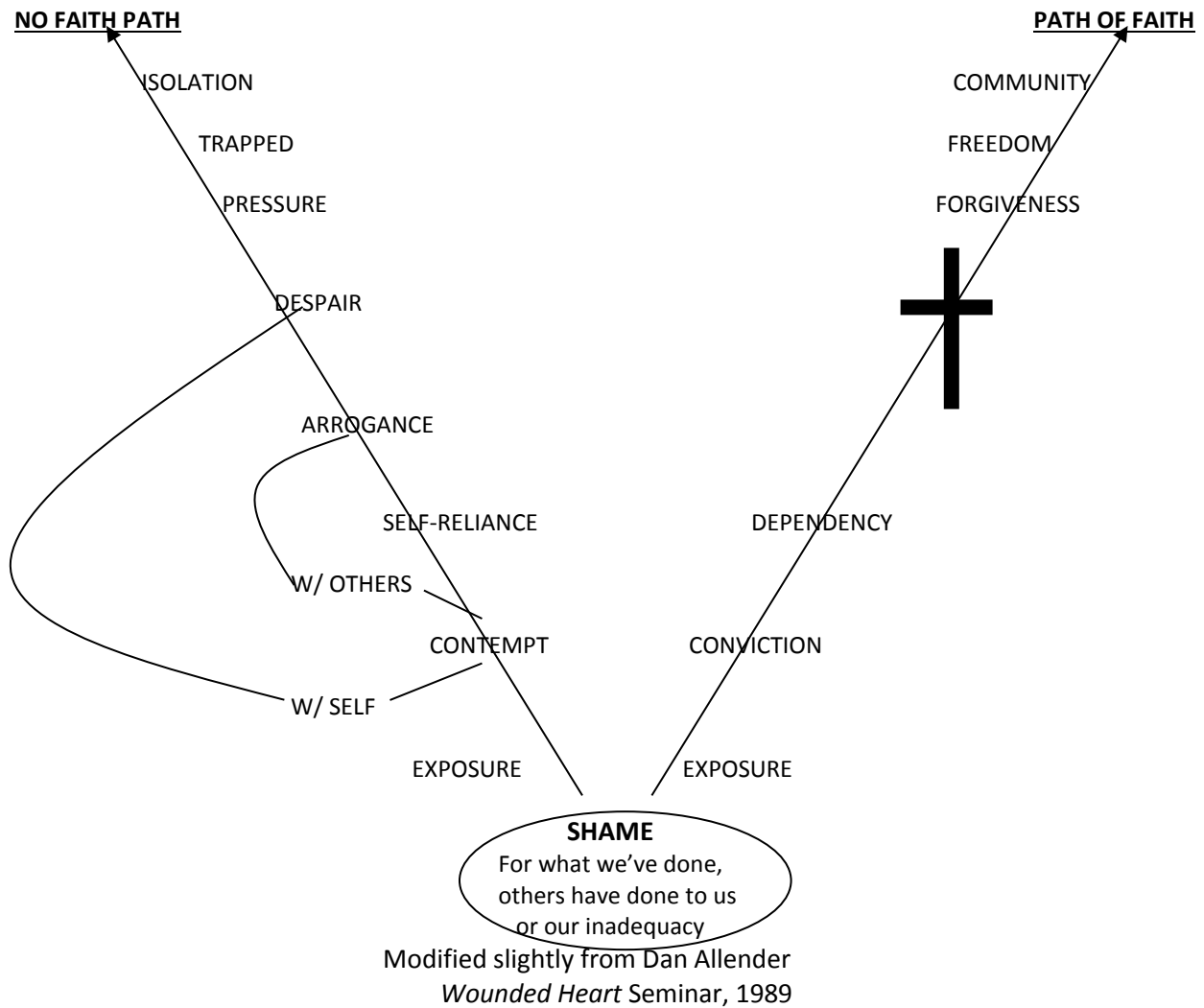
# Holding Thoughts Captive

2 Corinthians 10:3-5



1. We are in a battle (v. 3)
2. Our weapons are not natural, but are spiritual (v. 4)
3. The war is about keeping us from knowing God (see John 17:3, 2 Peter 1:2-3 and 3:18 as to why) (v. 5)
4. The war is won by holding all thoughts captive to Christ's obedience (v. 5)

# Shame Chart



## Explanation

- Shame results in a sense of **exposure** – like “eyes are on me.” That is true whether we feel inadequate, sin or are sinned against. It’s true whether we respond in faith or in hardness of heart.
- Exposure results in **conviction** or **contempt**. Conviction means a sense that I see have sinned, that I’ve been hurt or that I am inadequate for the situation. Contempt means a sense of resentment and anger.
- Contempt ends up being directed at **one’s self** which eventually leads to **despair** or directed at **others** which results in **arrogance**. (It is possible to have both self-contempt and other-centered contempt.)
- Contempt leads to **Self-reliance** and conviction leads to **dependency**.
- Dependency leads to the **cross of Christ** – there alone can I find forgiveness, healing or deliverance.
- Self-reliance leads to one’s self – a limited resource at best. That results in **pressure**.
- The cross results in **forgiveness** and God’s sufficiency in all things.
- Forgiveness and His sufficiency results in **freedom** – freedom to love God and others (Galatians 5:13-14).
- Pressure results in being **trapped** behind our own inadequacy and sin – that which will again bring shame.
- Trapped people **isolate** themselves, and free people are able to find, create and enjoy **community**.
- The road on the left is the **road of no faith**. Not limited to non-Christians. Includes Christians not responding to shame appropriately. The road on the right is the road of responding to shame **in faith**.
- Good news – most of us start on left, but we can **turn at any time to the road** on the right.



**Circle of Concern**

*Not my responsibility or within my  
ability to be able to do*

**I must TRUST the Lord**

**Circle of Responsibility**

**This is where I must**

**OBEY God**