

FBC Biblical Counseling 101 Syllabus

Semester One: Biblical Counseling Foundation (December 2017-February 2018)

- A. Class 1 - Why Counseling in the Local Church
- B. Class 2 - What is Biblical Counseling
- C. Class 3 - Biblical Sufficiency and the Medical Model
- D. Class 4 - VIDEO of a Counseling Session
- E. Class 5 - Building Involvement
- F. Class 6 - Giving Hope
- G. Class 7 - Gathering Data
- H. Class 8 - Interpreting Problems Biblically
- I. Class 9 - Providing Biblical Instruction
- J. Class 10 - Assigning Homework
- K. Class 11 - VIDEO of a Counseling Session
- L. Class 12 - Summary

Biblical Counseling Training 101
Class 1 – Why Counseling in the Local Church?

Speaking the truth in love, we are to grow up in all aspects into Him who is the head, even Christ.
Ephesians 4:15

- I. **Purpose of the church - Glorify God By Means of the Great Commission**
 - A. Glorify God (Psalm 72:19; Matt 5:16; 1 Cor. 10:31)
 - B. Fulfill the Great Commission by making disciples (Matt 28:18-20)
 - C. Reflect Christ to a lost and dying world (John 17:20-23; 1 Cor. 11:1)

- II. **The Church is called**
 - A. Called to entrust to faithful people what was entrusted to us (2 Tim. 2:2)
 - B. Called to lead each member to maturity (“progressive sanctification”)
 - 1. Romans 8:28-29 – And we know that God causes all things to work together for good for those who love Him and are called according to His purpose. For whom He foreknew, He also **predestined to become conformed to the image of His son** that He might be the firstborn among many brethren.
 - 2. 2 Cor. 5:9 – *We make it our ambition... to be **pleasing to God***
 - 3. Ephesians 4:11-14 – *And He gave some as apostles, and some as prophets, and some as evangelists, and some as pastors and teachers, to equip the saints for the work of ministry, for the building up of the body of Christ, until we all attain to the unity of the faith and of the knowledge of the Son of God, **to a mature man... so that we may no longer be children**...*
 - 4. Colossians 1:28-29 – *We proclaim Him, admonishing every man... **that we may present every man complete in Christ***
 - 5. 2 Pet 3:18 – **Grow in the grace and knowledge** of our Lord Jesus Christ
 - C. Called to teach, admonish, exhort, encourage, comfort and build up “one another” (“brothers”)
 - 1. 1 Thess. 5:14 – *We urge you, brethren, admonish the unruly, encourage the fainthearted, help the weak, be patient with all men...*
 - 2. Colossians 3:16 – *Let Christ’s Word dwell in you richly, teaching and admonishing one another in all wisdom....*

3. 2 Tim. 3:16-17 – *All scripture is God-breathed, and profitable for instruction, for reproof, for correction, for training in righteousness, that the man of God may be complete, thoroughly equipped for every good work.*

4. Gal. 6:1 – *Brothers, if anyone is overtaken in any transgression, you who are spiritual, restore him in a spirit of gentleness.*

5. James 5:19-20 – *My brothers, if anyone among you wanders from the truth and someone brings him back, let him know that whoever brings back a sinner from his wandering will save his soul from death and cover a multitude of sins.*

6. Heb. 3:12-13 – *Take care, brethren, lest there should be in any one of you an evil, unbelieving heart, that falls away from the living God. But exhort one another day after day as long as it still called today, lest any of you be hardened by sin's deceitfulness.*

D. Christian Leaders see biblical counseling as a call for the church

“Do not see biblical counseling as a ministry of a few people to a few ‘unhealthy’ people. Biblical counseling is the calling of all of God’s people all of the time because we are all striving to grow in Christ all the time.” -

Dr. Robert Kellemen RPM Ministries

“We want people growing and changing where God’s Word and Spirit make each of us more like Jesus Christ through careful attention to the inner person. That is what brings honor to God.”

Steve Viars - Senior Pastor, Faith Church, Lafayette, IN.

E. Condition of the world, the church and of individuals

1. Spiritual poverty (world) –

2. Spiritual poverty (church) – 83% of Americans claim to be a Christian
<http://abcnews.go.com/US/story?id=90356&page=1>

3. State of relationships and practices –

- 40% of all new marriages are expected to end in divorce in the US; 60% of second marriages; 70% of third marriages
- 64% of American men, 54% of “born again, evangelical” men, 55% of all married men, and 34% of women between 18-30 report that they view pornography monthly or more [Proven Men Porn Survey 2014 conducted by Barna Group, <https://www.provenmen.org/2014PornSurvey/>]
- Of American adults over 18, 56% have cohabited (Barna, April 2016) even though it is well-known that cohabiting couple divorce at a higher rate than non-cohabiting couples.

4. From a 1998 Survey by George Barna
The generation of parents right now is biblically uninformed. Recent polls of adults across the country *who say they believe in God* reflect the following. Numbers in parenthesis classify themselves as “born-again.”
- 44% believe Jesus committed some sin/s (30%)
 - 40% believe Jesus did not have a literal, physical resurrection (35%)
 - 58% do not know that Jesus preached the Sermon on the Mount
 - 80% believe that people are basically good
 - 52% believe you can earn heaven by being good (40%)
 - 60% believe that Satan is a symbol and not a real being (51%) – the same number believes that about the Holy Spirit (55%)
 - 34% believe that some sins cannot be forgiven by God
 - 65% believe all people pray to the same God
 - 33% do not believe in the God revealed by the Bible
 - 81% believe the Bible says, “God helps those who help themselves”
 - 87% do not know what the Great Commission is (81%)
 - 40% believe that all religions teach essentially the same thing
 - 50% believe that the book of Thomas is in the New Testament
 - 40% believe the whole Bible was written years after Jesus’ death
 - 72% believe there is no absolute moral truth (67%)

III. The Church and the Bible

- A. The Bible asserts that through the true knowledge of Christ, we can experience multiplied grace and peace, and have everything we need for abundant life and godliness. It also asserts that those who adhere to it and learn from it will have a restored soul, confidence, joy, opened eyes, endurance, warning and reward. (2 Peter 1:2-3; Psalm 19:7-12)
- B. Those without Christ and those with Christ who are not living as if these are true need the Bible to be brought to bear on their life. Biblical Counseling is specifically that – bringing the Bible to bear on our lives.
1. The church receives about three requests per week and we are currently able to fill about 80% of those requests with a counselor/counseling couple. And that is without any advertising or efforts to really let people know what we offer. Once we start communicating what we offer, the requests will increase significantly.
 2. Almost half of all our counseling requests are now from outside FBC.
 3. Perhaps 1/6 of those asking for counsel right now are people who do not know Christ.
 4. People ask for counseling for relationship problems # 1 and personal struggles #2.
- C. We need to equip one another how to use the scriptures to help ourselves, our families and others with whom we come into contact, to address the problems of life that we all encounter.