

Biblical Counseling Training 101

Class 3 – *Biblical Sufficiency and the Medical Model*

Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord. 2 Peter 1:2

I. Share from last week's homework (Table Discussion)

A. I wanted you to memorize **Ephesians 4:15**. I can't remember if I communicated that clearly. However, if any of you did, please share with table that verse you memorized.

Speaking the truth in love, we are to grow up

B. Essay on ***Biblical Authority*** – Did you have any takeaways? I wanted you to write one or two things you took away, and I think *I said that* to the class, but don't know if I wrote it.

C. According to the scriptures you hopefully read in your notes last week and that are **reproduced for you on the bottom of this page and all of page 2**, when Biblical Counseling is carefully done in such a way that it accurately reflects God's Word, we can say it is... (*Write the biblical address which corresponds to the characteristic below*)

1. Rooted in the authority of God.

2. Rooted in the sufficiency of Christ.

3. Rooted in the sufficiency of the scriptures.

4. Superior to the wisdom of men.

Psalm 19:7-11 NASB The law of the LORD is perfect, restoring the soul; the testimony of the LORD is sure, making wise the simple. The precepts of the LORD are right, rejoicing the heart; the commandment of the LORD is pure, enlightening the eyes. The fear of the LORD is clean, enduring forever; the judgments of the LORD are true; they are righteous altogether. They are more desirable than gold, yes, than much fine gold; sweeter also than honey and the drippings of the honeycomb. Moreover, by them Your servant is warned; In keeping them there is great reward.

Proverbs 3:5-7 (NASB) Trust in the LORD with all your heart and lean not on your own understanding. In all your ways, acknowledge Him, and He will make your paths straight. Do not be wise in your own eyes; fear the LORD and turn from evil.

Proverbs 12:3 (NASB) A man will not be established by wickedness, but the root of the righteous will not be moved.

Proverbs 30:5-6 (NASB) Every word of God is tested; He is a shield to those who take refuge in Him. Do not add to His words or He will reprove you, and you will be proved a liar.

Isaiah 55:8-9 (NASB) "For My thoughts are not your thoughts, nor are your ways My ways," declares the LORD. "For as the heavens are higher than the earth, so are My ways higher than your ways and My thoughts than your thoughts.

Matthew 9:6 (NASB) But so that you may know that the Son of Man has authority on earth to forgive sins"—then He *said to the paralytic, "Get up, pick up your bed and go home."

Matthew 28:18-20 (NASB) And Jesus came up and spoke to them, saying, "All authority has been given to Me in heaven and on earth. Go therefore and make disciples of all the nations, baptizing them in the name of ..., and teaching them to observe....

John 14:6 (NASB) Jesus said to him, "I am the way, and the truth, and the life; no one comes to the Father but through Me.

Acts 4:12 (NASB) "And there is salvation in no one else; for there is no other name under heaven that has been given among men by which we must be saved."

Romans 15:4-6 (NASB) For whatever was written in earlier times was written for our instruction, so that through perseverance and the encouragement of the Scriptures we might have hope. ⁵ Now may the God who gives perseverance and encouragement grant you to be of the same mind with one another according to Christ Jesus, ⁶ so that with one accord you may with one voice glorify the God and Father of our Lord Jesus Christ.

1 Corinthians 1:18-25 (NASB) For the word of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written, "I WILL DESTROY THE WISDOM OF THE WISE, AND THE CLEVERNESS OF THE CLEVER I WILL SET ASIDE." Where is the wise man? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since in the wisdom of God the world through its wisdom did not *come to* know God, God was well-pleased through the foolishness of the message preached to save those who believe. For indeed Jews ask for signs and Greeks search for wisdom; but we preach Christ crucified, to Jews a stumbling block and to Gentiles foolishness, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. Because the foolishness of God is wiser than men, and the weakness of God is stronger than men.

1 Corinthians 2:12-13 (NASB) Now we have received, not the spirit of the world, but the Spirit who is from God, so that we may know the things freely given to us by God, ¹³ which things we also speak, not in words taught by human wisdom, but in those taught by the Spirit, combining spiritual *thoughts* with spiritual *words*.

Colossians 2:1-3 (NASB) For I want you to know how great a struggle I have on your behalf and for those who are at Laodicea, and for all those who have not personally seen my face, ² that their hearts may be encouraged, having been knit together in love, and *attaining* to all the wealth that comes from the full assurance of understanding, *resulting* in a true knowledge of God's mystery, *that is*, Christ *Himself*, ³ in whom are hidden all the treasures of wisdom and knowledge.

Colossians 2:8-10 (NASB) See to it that no one takes you captive through philosophy and empty deception, according to the tradition of men, according to the elementary principles of the world, rather than according to Christ. For in Him all the fullness of Deity dwells in bodily form, and in Him you have been made complete, and He is the head over all rule and authority;

2 Timothy 3:16-17 (NASB) All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; so that the man of God may be adequate, equipped for every good work.

2 Peter 1:2-3 (NASB) Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord; ³ seeing that His divine power has granted to us everything pertaining to life and godliness, through the true knowledge of Him who called us by His own glory and excellence.

2 Peter 1:19-21 (NASB) So we have the prophetic word *made* more sure, to which you do well to pay attention as to a lamp shining in a dark place, until the day dawns and the morning star arises in your hearts. ²⁰ But know this first of all, that no prophecy of Scripture is *a matter* of one's own interpretation, ²¹ for no prophecy was ever made by an act of human will, but men moved by the Holy Spirit spoke from God.

2 Peter 3:1-2 (NASB) This is now, beloved, the second letter I am writing to you in which I am stirring up your sincere mind by way of reminder, ² that you should remember the words spoken beforehand by the holy prophets and the commandment of the Lord and Savior *spoken* by your apostles.

II. Review

A. Why Counseling in the Church

1. Purpose of the church is to ***Glorify God By Following the Great Commission: Evangelizing*** (baptizing them in the name of the Father, Son and Holy Spirit) and ***Discipling*** (teaching them to observe all that Jesus has commanded)
2. As Christians, **our lives often fall short** of “observing all He commanded” and so we feel like we can’t influence others, or else we pretend we are doing better than we are and we judge and pressure other people like we’ve been pressured.
3. Every Christian is **called to maturity (Eph. 4:13-16, 5:1)**.
 - a. Every person who has believed on Christ has been delivered from sin’s penalty (Rom. 5:1, 8:1; Col. 2:14). Through that, we have been **sanctified positionally** (“set apart for the purposes of God” - Col. 1:13; 3:1a).
 - b. Every person who has believed on Christ also will one day be **sanctified eternally** (“glorified” - Rom. 8:18; 1 John 3:2).
 - c. But while we walk with Him here on earth, we are being **progressively sanctified** (Rom. 8:29; Rom. 6:4, 13; Col. 1:28; 2 Pet. 1:4-9) so that we become in practice what we are in position. That is the process of maturing in Christ.
4. Biblical Counseling comes in **where the Body is called to teach, admonish, exhort, encourage, comfort and build up “one another”** so that we in fact become more like Christ and thereby have a stronger witness and are more able to make disciples (Prov. 17:10; 1 Th. 5:14, 2 Tim. 2:24-26; He. 3:12-13, Jas. 5:19-21, etc.)

B. What is Biblical Counseling (BC)

1. Goal of BC is progressive sanctification (*PS*) of the individual (1 Cor. 11:1; 2 Cor. 5:9)
2. Goal of *PS* of each individual is the collective maturity of the Body (Eph. 4:13-16)
3. Requires a gospel-sourced **message** and prescribed **methods**; well-aimed biblical **content** with demonstrated **character** on the part of the counselor; includes providing **guidance** for life and “attending” or “**presence** with” the counselee.
4. A caring relationship from within community based on the confidence that the Bible is authoritative and sufficient for helping one another overcome or live well with all non-organic problems of a relational, psychological, or emotional nature.

III. Biblical Sufficiency

- A. Biblical Counseling: *A maturing believer’s intentional relationship with another person designed to help an unbeliever understand and believe the Gospel or to help a believer apply the truth of the Bible to their life issues so they grow in the knowledge of Christ and in wisdom, grace, courage and love.*

- B. The **two main parts of biblical counseling** might be called '**incarnational**' (being able to connect with them person-person such that they experience the Lord's care for them through your understanding, love and humility) and '**propositional**' (being able to connect them with the truth of God's word applied clearly to their situation).
- C. The confidence of a biblical counselor is not their knowledge or skill or experience or their success in helping others. Those are not bad things and God is sometimes happy to use such things as we counsel. However, our confidence for doing this ministry is the authoritative **Word of God**.
- D. Our desire is not to give them men's wisdom, even though that is what many people prize. (Jeremiah 9:23; 1 Cor. 1:18-25; Colossians 2:8) Our desire is to share with them the wisdom of God (Psalm 19:7b; 111:10; Rom. 11:3, Eph. 3:10), which is Christ.
- E. **Biblical Sufficiency** for counseling means that the Bible is sufficient to give us as counselors and us as counselees all we need to know to respond properly to any non-organic challenge or struggle we might encounter. God has, along with His Holy Spirit, given us in the scriptures everything He thinks is necessary for us to experience increasing grace and peace, experience abundant life, and respond in a godly fashion. With His Word and His Spirit, He has given us all we need to experience love, joy, peace, patience, kindness, goodness, gentleness, faithfulness and self-control. He has seen to it that in His Word, He has provided a restored soul, wisdom, a rejoicing heart, enlightened eyes, endurance and adequate warning.
- F. **Biblical sufficiency** does not mean that unsaved people or saved people not using the Bible cannot tell people things that could be helpful. In God's natural revelation (Psalm 19:1-6; Romans 1:20), He has graciously revealed to people many principles which might help people in some situations. Our goal as biblical counselors is not to attack non-biblical counselors. Rather, as the church it is to pass to one another the tools whereby we can do what the church alone can do – care for people as Christ would have us do, and direct them with the scriptures.

IV. **Examination of Biblical Sufficiency** (As a table)

- A. Notice three great sets of promises of the Word of God. Imagine if for any problem you face right now or have faced in the past six months, God made good on the following promises from His Word. Or since this is a training class, imagine if the depressed person you meet with, the embattled wife you meet with, or the fearful single adult you meet with actually had these things come true for them in the way the Bible says it can:

1. **Psalm 19:7-11** – write **each benefit** in the blanks below

- a. The law of the Lord is perfect, restoring the soul
- b. The testimony of the Lord is sure, _____
- c. The precepts of the Lord are right, _____
- d. The commandment of the Lord is pure, _____
- e. The fear of the Lord is clean, _____
- f. The judgments of the Lord are true, _____

- g. They are more desirable than _____ and sweeter than_____.
- h. By them, your servant is _____ and if he or she keeps them, God promises for them _____.

2. **Galatians 5:22-23** – If a person abides in Christ (John 15:4-7) or walks in the light as Jesus is in the Light (1 John 1:7), we have fellowship with God and with each other, and we bear much fruit. As one does this, she or he can be said to “walk in the Spirit” (Romans 8:4) or “be filled with the Spirit” (Eph. 5:18). What are the marks of someone who exhibits the Spirit? (Galatians 5:22-23) _____

3. **2 Peter 1:2-3** This passage promises four things to a person who grows in the experiential knowledge of Christ (that is, the living, depending, confidence on Him in situations before we see how they turn out – like Daniel (1:8-16; 6:16-23) and his three friends (1:8-16; 3:16-18). What does it promise? _____

B. Now let’s ask ourselves as a class. Imagine any type of non-organic situation one of you might be called to help – someone who has been sexually abused, a woman struggling with guilt over something from the past, a man who is fearful about how he will provide for his family, a married couple who argue all the time, a marriage where the wife has just been found to have been committing adultery for the past three months, a 60 year old man with chronic pain. “Pretending” the Bible is true, which one of those people would not benefit tremendously from the things that are listed above from happening for them as a result of good, caring, biblical counsel?

V. **Medical Model** **(10:10-10:20)**

Medical Model is not a single model. It is just a name to describe the collection of efforts at counseling that are **not** rooted in the Bible. Instead, they are rooted in theories known as behavioral, cognitive, rational-emotive, Gestalt, psychodynamic, systems or any of over 200 other theoretical constructs of what is wrong with people when they or their relationships are dysfunctional, as well thousands of modalities for “treatment.” However, they all share several characteristics: *A relationship with God is not the key to the solution; sin is not the problem; the Word of God is not essential to the solution.* Many of them also share a few other traits: *the person struggling is a patient; the issues they face are the product of what others have done or failed to do; the solution is rooted in medicine or in being understood.*

We understand that some of them can be helpful for some things: “*selective exposure to sources of anxiety*” is a modality from within the cognitive-rational framework, and compared to a control group with no assistance, it will help a greater number of anxious people overcome their anxiety. Certain people with certain experiences of depression will see their depression reduce significantly under the prescription of certain antidepressants, when compared to a placebo group with an inert placebo. Some methods of “treatment” from within some of these schools of counseling thought will help some people.

However, what we are saying is that for non-organic personal and relational problems, people who apply biblical truth in faith (Heb. 11:6; Rom. 10:17), in reliance on the Holy Spirit, will be able to respond as God would have them, removing or living with the problem. What's more, they will grow to know and love and obey Him more, while almost all of the other approaches to helping people will go the opposite direction.

VI. Homework

- A. Please memorize and be prepared to share 2 Peter 1:2 (see first page, top of page)
- B. Please come on time in two weeks to watch a live counseling video. We will have you jot down observations about that session and use it as a springboard for teaching the counseling methodology that we practice at Fellowship Bible Church.
- C. *Have a Merry Christmas!*