

Biblical Counseling Training 201

Class 10 – May 27, 2018 // Prayer in Counseling

Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. (Hebrews 4:16)

I. Homework from last week 9:00-9:20

- A. Do your memory verse, Proverbs 12:22.
- B. Unless you finished this entirely last week in class, discuss your answers for the assignment entitled, *“Helpful Hints on Dealing with Manipulation”*:
 - 1. What Truth is being avoided?
 - 2. What is the lie/manipulation?
 - 3. What is the goal of the manipulator in each scenario?

C. Scenarios

Scenario # 1: *Jake, age 29, buys a \$20 pre-paid credit card most every time he fills up. His wife Amy keeps the books, so when she enters the credit card purchases each month, she thinks he is spending about \$375 on gas. He actually uses nearly \$100 on the prepaid cards monthly on internet gambling.*

Scenario #2: *At 9:30 p.m. Monday, Mom asks her 15-year-old son, Chris, where he has been, since it is so much later than expected. He says, “Just studying geometry at Matt’s.” He was, from 5:30 to 7:30 p.m. But from 8:00-9:15 p.m., he, Matt and two other guys were driving around smashing mailboxes.*

Scenario #3: *Fifty-one year old Ben is an old car buff and spends most of his free time tinkering and shining his restored 1967 Corvette convertible. In his words, his wife Ann continues to “nag” him about the amount of time he spends in the garage and away from his family and church. He has told her she ought to get a hobby herself if that bothers her so much. It also bothers him that she spends so much time with the “church” women, who he suspects side with Ann on the car issue.*

II. Prayer in Counseling, Part 1 9:20-9:30

- A. This summer, from June 12- August 26, we plan to complete our formal counseling training by offering Biblical Counseling 301 at 9am Sundays in Room 203.
- B. In the course, we plan to address a number of topics, including several of these: *Important Referral Issues and Principles, Marriage Counseling, Counseling Parents, Counseling Teens, Counseling Single Adults, Counseling Those with Anger Problems, Counseling for Fear and Anxiety, Grief Counseling, Counseling Couples Where Adultery has Affected the Marriage, Addictive Behaviors, Counseling the Abused.* We will also give more practice opportunity in making homework, in conducting the counseling interview, and in dealing with resistance on the part of those you counsel.
- C. In Biblical Counseling training, we spend the majority of our time teaching biblical principles, processes and skills for working with people we would counsel. At the same time, we have mentioned that good biblical counsel is not ultimately an issue of how skilled, knowledgeable or well-prepared you are.

- D. Biblical Counsel is at its core, a person helping another person hear and respond to the Lord Jesus in the middle of sufferings God has permitted, the relationship that is painful or confusing or the internal difficulties we face. All our work *building involvement, giving hope, data gathering, interpreting problems biblically, biblical instruction and giving homework* as well as their components (caring, listening, problem analysis, question asking, knowledge of the Word, etc.) are efforts to care for them and guide them so that they are more likely to hear what the Lord Jesus is saying in His Word as it applies to them, and how the Holy Spirit is directing them (always in concert with His Word). As a result, **Biblical Counsel is ultimately a spiritual work.**
- E. Since that is the case, one thing we need to address (though it is hard to know how to teach it) is the prayer component of biblical counseling.
- F. We'd like to do two things today with "prayer in counseling." First, we will **read through and reflect on many passages** that inform us on our prayer for those we counsel and their prayer. Second, we'll **discuss important principles and practices for the role of prayer in counseling people biblically.** It is rare to have a class or read an article or be "shown" how to pray or how to influence counselees' prayer. We are hopeful that after spending some time together on it, we may all have been stimulated to be better at our prayer, more committed to teaching them to pray, and that prayer as a whole might become a more strategic part of our counseling effort.

III. Prayer in Biblical Counseling – Part 2

9:30-10:25

- A. **Prayer Passages to Consider** – What do you see in this passage that contributes to how we should pray? We will make this be an open discussion, class-wide.
 - 1. Psalm 4:1
 - 2. Psalm 51
 - 3. Psalm 55:17
 - 4. Psalm 145:18
 - 5. Proverbs 15:29
 - 6. Micah 7:18-19
 - 7. Matthew 6:6
 - 8. Matthew 6:19-15
 - 9. Matthew 7:7

10. Matthew 7:11
11. Mark 11:25
12. Luke 18:1
13. John 14:13-14
14. Acts 3:19
15. Romans 8:26
16. Ephesians 6:18
17. Philippians 4:6-7
18. Colossians 4:2
19. 1 Thess. 5:17
20. 1 Thess. 5:28
21. James 5:1-7
22. James 5:16
23. 1 John 1:9

B. What are some suggestions, principles and lessons regarding the role and practice of prayer in counseling that you think of? This may be either what you do or what you think we should do with them or what others have done with you.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

IV. Homework

10:25

- A. Memorize Hebrews 4:16 (from page 1)
- B. Read the article below on **Prayer in Counseling**.
- C. We are almost at the end of **Intermediate Biblical Counseling 201**. Therefore, take the **case study** you will find below. Write out the following things, and be prepared to share them with your table next week:
- D. How would you ***build involvement and gather data***? What type of relationship might this person need in order to open up and to work? How could you connect? Where would you meet, and what would you offer him/her as a goal for getting together? What would you want to know that the “case study” leaves you not yet knowing?
- E. Give three ways you would ***give hope*** to this counselee.
- F. ***Identify the issues*** they are facing in biblical language, as well as what you believe an accurate way of thinking biblically might change.
- G. What are things you think they ***need to be taught*** and what are some pieces of ***homework*** you would want to assign, even if it reflects 4-5 sessions?

Case Study for Homework

For Women

Amy is 37 years old and has been married for 14 years to Jared. They have an eight year old daughter and a nine year old son. She is talking to you because a friend of hers who is in your community group suggested that she meet with you since they knew you were taking biblical counseling training classes. She and Jared, you learn, have lots of arguments – about everything, it seems. He is not happy with her job because she is late getting dinner on the table since she does not get off until just after 5pm. He is not happy with their son because he is not a very strong student and is a bit clumsy and awkward. He is always complaining about why they do not have more money, stating that it stems from them visiting her family in Ohio on vacation each summer and her spending habits, though he does not really even consider how much he uses eating out or spends on his fishing boat and tools. She feels battered down by his criticism and constant unhappiness, and his tendency to always act like she does not measure up. She is discouraged, and a bit withdrawn. She does spend a fair amount of time on Facebook because it is almost like an alternate reality – she hears good things there, has friendships where people do not criticize.

For Men

Brian is 42, and has been divorced for just over five years. He was married nine years to Melanie, now age 35, but she left him. She has remarried and has a five year old daughter with her new husband. Brian and Melanie have a son, Brent, who is 15 and now lives with Brian most of the time. He visits his mother about once a month. Brian has come to you because his son had been coming to the youth group with a buddy from school for two years, and Brian finally decided to visit the church, too. He heard in a sermon that FBC has a biblical counseling ministry, and he thought he'd try it out. He filled in an intake form and met with John Morrison, who thought you'd be a good person for him to meet with. He called you and you agreed. Brian tells you he is confused about his relationship with God since it seems like he was being a good dad and husband, but she left anyway for her boyfriend. He says he believes in God, but does not know what he is supposed to really do at this stage in his life. He would kind of like to remarry since he is alone, but he has really not done much dating because he is busy with work, his house and his son. He says he does not talk to his ex-wife unless absolutely necessary because he does not trust her. He struggles with some depression and has a hard time just knowing what his life is supposed to look like at this point.

The Prayer to Effect Change in a Counselee

CCEF Guest Writer Dr. Howard Eyrich

<http://www.biblicalcounselingcenter.org/the-prayer-to-effect-change-in-a-counselee/>

This article originally appeared on the Biblical Counseling Coalition website. In a letter to them in 2014 or 2015, I requested permission to reprint for our classes certain of their articles and they gave it carte blanche, so this is reprinted with their express permission. - JwM

Biblical counselor, here's expert insight into how God effects change in a counselee. Focusing on the "linchpin," today's guest writer is pastor and professor Howard Eyrich, who turns to Ephesians to see a clear message on prayer and counseling.

A New Insight into Ephesians

Many of you reading this blog have sat through a preaching series on Ephesians or perhaps even taught the book of Ephesians. Others reading this blog have cited various portions of Ephesians to teach, reprove, rebuke, and exhort counselees on a variety of topics. In my ThM program in seminary, I had an entire course on Ephesians in which we worked from the Greek text. I could not give an accounting of the number of times I have read and studied this book in part or entirety. So, we are each intimately acquainted with this book. Nonetheless, about three weeks ago a new insight into this book occurred to me as I read through it one morning in a quiet time. I discovered the linchpin of this book—the fulcrum or essential requirement on which the entire book depends and pivots.

Ephesians and Biblical Counseling

A typical preacher or college professor will tell his class that the book of Romans is the Bible in miniature. On occasion I've quoted this and said "and the book of Ephesians is Romans in miniature." Many of us have told a class or a counselee that chapters 1-3 are foundational doctrine and chapters 4-6 are the practical out workings of that doctrine. Many of us have also used Ephesians 1 to encourage a counselee struggling with the assurance of salvation pointing out that God took action in eternity past on his/her behalf. Or, we've reminded another counselee from Ephesians 2 that it was by grace that they were spiritually resurrected without an iota of works on his/her behalf. Every biblical counselor involved in marital counseling has cited Ephesians 5:21-33 to instruct couples in appropriate marital roles. I cite this passage as the means of reversing the consequence of the curse in marital relationships. Every biblical counselor has challenged counselees with respect to spiritual warfare. Connecting Peter and James with Paul, we instruct a counselee to "humble yourself" (1 Peter 5:6), "submit to God," and thereby resist Satan (James 4:7), and armor yourself (Ephesians 6:10-17) to conduct spiritual warfare. In many respects, if the only book of the Bible a biblical counselor had in hand was Ephesians, she/he would have sufficient data about God, humanity, the dynamics of change, and the goals of change to conduct a biblically successful counseling enterprise.

What Has God Done for Us

Ephesians 1:1-3:12 answers the question, "What has God done for us?"

- He blessed us with every spiritual blessing in heavenly places in Christ.
- He chose us in him before the foundation of the world.
- He predestined us to the adoption of sons.
- He bought redemption through His blood.

- He revealed the mystery of His will.
- He provided us an inheritance.
- He sealed us in him with the Holy Spirit of promise.
- He made us alive in Christ.
- He raised us up with Christ.
- He joined us with other believers in the church.

What Does God Desire from Us?

Ephesians 4:1-6:24 answers the question, “What does God desire from us?”

- Develop biblical unity (4:1-10).
- Develop spiritual gifts (4:11-16).
- Develop Christlike godliness (4:17-6:9).
- Deploy spiritual armor (6:10-19).

The Linchpin

Ephesians 3:13-21 is the linchpin and answers the question, “How does God expect us to be able to change?” The linchpin is Paul’s prayer. Paul prays that they would be strengthened with power in the inner person in accordance with the riches of Christ’s glory (think power). Paul extrapolates this by looking to a three-fold outcome.

1. *First, that **Christ may dwell in their hearts by faith**. The Ephesians lived in a world dominated by faith and minds that dwelled on the goddess Diana. She determined their life practice. So Paul is praying that the work of the Holy Spirit will produce in the Ephesians an alternative mindset or worldview by making Christ the object of their faith—dwelling or controlling their thinking.*
2. *The second desire of Paul’s prayer is that they would **comprehend the love of Christ** to the point that it is inexplicable (surpasses knowledge).*
3. *Third, Paul prays that they would be **filled with the fullness of God**. Paul is praying that the power of the Holy Spirit working in the inner person would lead to an all-encompassing awareness of the love of Christ which in turn would motivate them to obedience (putting off the old man and putting on the new man) by the mind renewal that comes from Christ’s indwelling.*

So, here is what happened in my quiet time. The Holy Spirit focused me on the linchpin. In a very dramatic way, after practicing biblical counseling formally since 1969, I was shaken to the core of my being with the incredible simplicity of my and my counselees’ dependence upon the Holy Spirit to effectively implement Ephesians 4-6 in the counselees’ lives as they grasp what God has done for them outlined in Ephesians 1:1-3:13. The result has been that this Pauline prayer now resides under the glass at my counseling desk. It has become my daily reminder to humbly seek God asking both for wisdom for myself and the work of the Holy Spirit in my counselees’ lives even as Paul prayed for this Ephesian church. If the apostle Paul desired and needed to pray this prayer, then certainly I do. May God encourage you to do the same as you engage your counselees and their world, a world not unlike Paul’s world.