

## Biblical Counseling Sync Up Meeting

Week 20 CDC 13

Teaching notes

1. How do we help our counselees understand what it means to consider it pure joy when experiencing trials? *We don't have joy in the trial itself but...*
  - His power is made perfect in our weakness **2 Cor 12:9**
  - **PURPOSE** I'm being formed to the image of Christ **Rom 8:28-29**
  - We bear fruit when we abide in Christ **Jn 15:4**
  - We learn obedience in trials like Jesus **Heb 5:8**
  
2. Why are we warned not to data dump on counselees experiencing trials?
  - It feels like pat answers or take one verse and call me in the morning
  - We need to build loving involvement
  - They need encouragement and hope not overwhelmed, it should be taught incrementally, digestibly, timely and appropriately
  - Listen more, talk less!! They need to feel heard and understood
  
3. What are ways we can help sufferers keep God's goodness in sight in the midst of trials?
  - Meditate on His Word/promises
  - Journal His faithfulness, for future encouragement/look back to past faithfulness
  - Give thanks for what He's done/doing to conform you to Christ
  
4. How can knowing that Christ suffered help encourage people through trials?
  - Christ was tempted too He can sympathize with our suffering **Heb 4:15**
  - Therefore we can have confidence to draw near to the throne **Heb 4:16**
  - Jesus, the author of our salvation, was perfected through suffering **Heb 2:10**
  - Christ secured our salvation at the cross so we have forgiveness when we fall into temptation in the midst of trial and sin **1 Jn 1:9; Rom 8:1**
  - The Holy Spirit intercedes for us **Rom 8:26** and Jesus intercedes for us **Rom 8:33**