

I. Introduction

A. The Goal of Cornerstone Biblical Counseling Training Center

1. Equip the _____ to make disciples through counseling.
2. Provide necessary training for those who desire to be certified with the Association of Certified Biblical Counselors (ACBC).

B. Purpose of Level 1 Training

1. Enrich student's personal life with Jesus Christ.
2. To help the student view all of life as _____.
3. To build confidence in the sufficiency and _____ of Scripture for all things pertaining to life and worship, including life's problems.
4. To encourage the development of a biblical worldview of people and their problems.
5. To demonstrate the impact of theology—good or bad—on counseling people and their problems.
6. To demonstrate an understanding of the key concepts, presuppositions, and distinctive features of biblical counseling.

C. ACBC

1. Association of Certified Biblical Counselors
2. Brief History
 - a. Jay Adams
 - b. *Noutheteo*—_____
 - c. Romans 15:14 - "Able to admonish" led Adams to write *Competent to Counsel*.

D. Review Class Syllabus

II. Purpose of Biblical Counseling

A. God's _____

B. Restored Worship

C. Restored _____ — _____

III. Goal of Biblical Counseling

A. What the goal is not:

- 1.
- 2.
- 3.
- 4.

B. What the goal is:

A. _____ —“And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose. For those whom He foreknew, He also predestined to become conformed to the image of His Son” (Romans 8:28-29).

B. Pleasing the Lord—“Therefore we have as our ambition whether at home or absent to be pleasing to the Lord” (2 Corinthians 5:9).

C. Illustration

IV. Why Biblical Counseling?

A. Because not all that proposes to be biblical counseling is truly

_____.

B. Because all of us need to be growing in our _____ and

_____ of biblical counseling.

C. Because all of us live in a psychologized world and are in danger of being

_____ by it.

1. Psychology has adversely affected Christians and has redefined how you read your Bible, how you interact with your friends, and how you view yourself!
2. Psychology raises questions many Christians struggle to answer.

V. What is Biblical Counseling?

A. What Biblical Counseling is not:

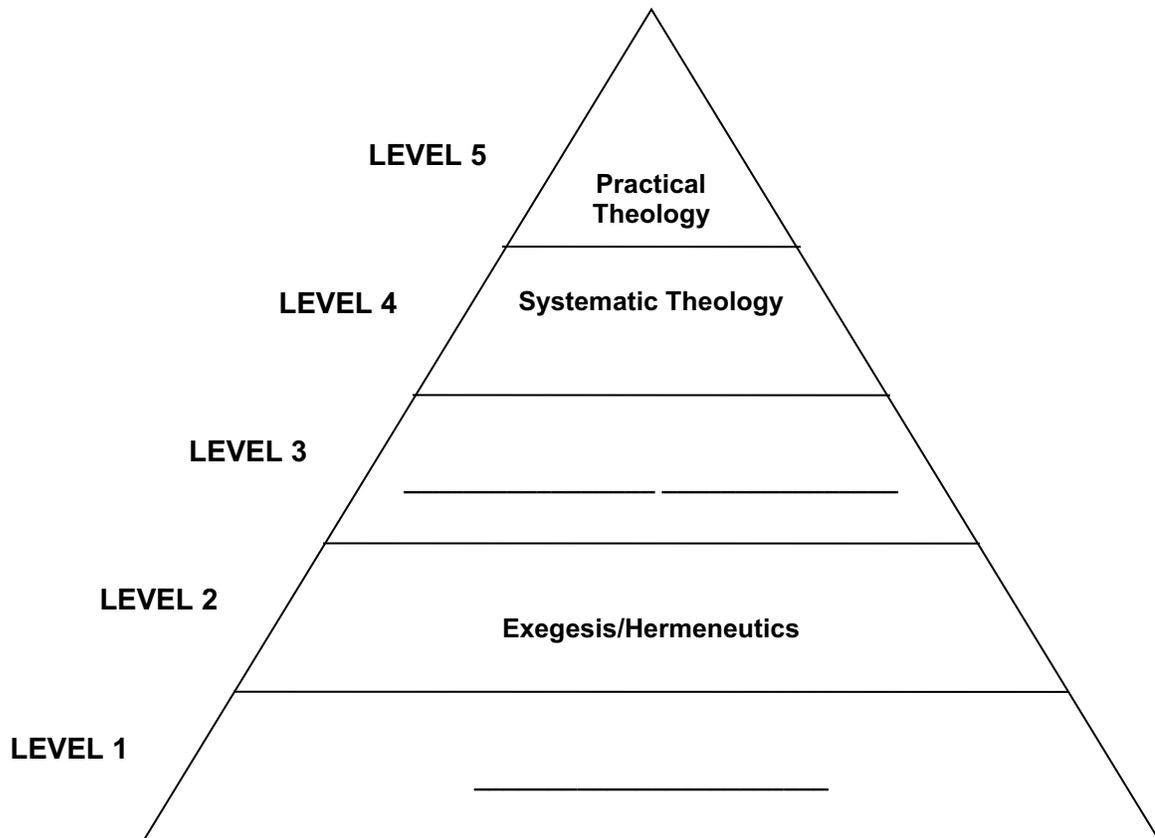
1. Not an _____ ministry apart from the local church.
2. Not an activity reserved for the experts.
3. Not an _____ ministry
4. Not a separate entity apart from discipleship
5. Not _____ or uncaring—“...with a spirit of gentleness” (Galatians 6:1).

B. What Biblical Counseling is:

1. Definition: Biblical counseling is the personal discipleship ministry of God’s people to others under the oversight of God’s church, dependent upon the authority and sufficiency of God’s Word through the work of the Holy Spirit. Biblical counseling seeks to reorient disordered thoughts, desires, affections, behaviors, and worship toward a God-designed anthropology in an effort to restore people to a right fellowship with God and others. This is accomplished by speaking the truth in love and applying Scripture to the need of the moment by comforting the suffering and calling sinners to repentance thus working to make them mature as they abide in Jesus Christ.

C. Theological Foundation of Biblical Counseling

1. The Theological Pyramid



- a. Level One—_____ : We must begin by identifying the canonical Scriptures as inspired, inerrant and sufficient and authoritative.
- b. Level Two—Exegesis/Hermeneutics: We then seek to understand the canonical Scripture through the grammatical-historical method of exegesis.
- c. Level Three—Theology Proper: From the exegesis of a canonical text we learn the being, attributes and works of God.
- d. Level Four—Systematic Theology: The propositions of biblical theology are correlated _____ to produce a systematic theology.
- e. Level Five—Practical Theology: Building upon a thorough systematic theology we may arrive at practical theological conclusions about life.

2. Implications

- a. Levels 1-4 without Level 5 is incomplete and ineffective.
- b. Theology was never given in a vacuum.
- c. Our job is not to simply dispense the Word, but to _____ the Word.

VI. The Calling of All Christians to Counsel

A. Biblical Counseling is Needed

B. Biblical Counseling is Expected

1. Of every _____

- a. The New Testament _____ to Counsel (νοουθετεω)
 - i. “Let the word of Christ richly dwell within you, with all wisdom teaching and admonishing one another with psalms and hymns and spiritual songs, singing with thankfulness in your hearts to God” (Colossians 3:16).
 - ii. “We urge you, brethren, admonish the unruly, encourage the fainthearted, help the weak, be patient with everyone” (1 Thessalonians 5:14).
 - iii. “Yet do not regard him as an enemy, but admonish him as a brother” (2 Thessalonians 3:15).

2. Three _____ of Counseling in the Church

- a. Only preaching
- b. Only counseling
- c. Preaching and _____

C. Biblical Counseling is Sufficiently Equipped

1. _____: “All Scripture is inspired by God...” (2 Timothy 3:16). Inspiration is the process by which the Holy Spirit divinely guided the writing of Scripture so that, while men wrote words of their own choosing, the final written product accurately conveys exactly what God intended.
2. Inerrant: “God is not a man, that He should lie...” (Numbers 23:19). Inerrancy is the conviction that, because the Bible is God’s very word, it is completely free from error in everything it teaches.
3. Infallible: “...It will not return to Me empty, without accomplishing what I desire...” (Isaiah 55:11). Infallibility is the doctrine that the Bible will not fail in its ultimate purpose of revealing God and the way of salvation to humans.
4. _____: “seeing that His divine power has granted to us everything pertaining to life and godliness...” (2 Peter 1:3). Sufficiency means that God has provided, in His Word, all that man needs to know concerning spiritual matters (Psalm 19; 2 Tim. 3:15-17).
5. _____: “But He answered and said, ‘It is written, “Man shall not live on bread alone, but on every word that proceeds out of the mouth of God.”’” (Matthew 4:4). The Church does not grant authority to the Bible. The authority of Scripture is derived by the virtue of it being authored and inspired of God. It has authority over everyone whether he is a Christian or not. Though not everyone submits to God's word now, they will later when the truths of God's word are made evident on the Day of Judgment. Because the Bible comes from God, everything it says is true and authoritative.
6. Additional Scriptures to consider regarding Scripture’s sufficiency for equipping the biblical counselor:
 - a. Guides and Delights (Psalm 119:1-176)
 - b. Cleanses (John 15:3; Ephesians 5:26)
 - c. Sanctifies (John 17:17)
 - d. Teaches and Gives Hope (Romans 15:4)
 - e. Judges Thoughts and Attitudes (Hebrews 4:12)

D. Biblical Counseling is Evangelistic

1. Because of man’s _____
 - a. Romans 3:23

- b. Isaiah 64:6
- c. Hebrews 12:14
- 2. Because of God's _____
 - a. It is *not* through _____

 - b. It is through the _____

- 3. Because of God's _____
 - a. Matthew 28:19-20

 - b. Romans 10:13-15

E. Biblical Counseling is Heart-Focused

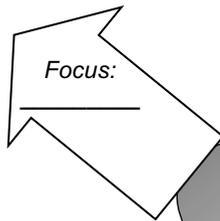
- 1. Concerning why heart idols _____

- 2. Concerning how heart idols are identified

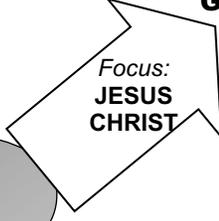
- 3. Concerning how heart idols are _____

- 4. The focus of the heart in biblical counseling will be thoroughly addressed in the "How Do People Change?" class

BAD FRUIT



GOOD FRUIT



**HEART/MIND
CONTROL CENTER**

- | | | |
|-----------------------|----------------------------|-------------------------|
| _____: | Ps. 139:23
II Cor. 10:5 | Prov. 23:7
Rom. 12:2 |
| WILL (choice): | Jos. 24:15;
Job 7:1`5 | Isa. 7:15-16 |
| CONSCIENCE: | I Tim. 1:5
Heb. 10:22 | Titus 1:15 |
| MOTIVES: | Heb. 4:12 | |
| _____: | Ps. 37:4 | Gal. 5:16-26 |

F. Biblical Counseling is Spirit-Driven

1. Because of the Holy Spirit's _____

a. The Holy Spirit is the agent of change in the believer

b. Other ministries of the Holy Spirit

i. _____ (John 6:63; Galatians 5:25)

ii. _____ (John 16:7-9)

iii. Creating genuine heart worship (John 4:23-24; Philippians 3:3)

iv. Giving spiritual gifts (Romans 12:3-8)

v. Helping us in our weakness (Romans 8:26)

- c. Believingly (James 1:5-6)
- d. Earnestly (Hebrews 5:7)
- e. Biblically (John 15:7)
- f. Boldly (Hebrews 4:15-16)
- g. Specifically (2 Corinthians 12:8)
- h. Unselfishly (Colossians 4:12)
- i. Humbly and Reverently (Luke 18:9-14)
- j. Thankfully (Ephesians 5:20)
- k. Dependently (John 16:24)

H. Biblical Counseling is Others-Directed

- 1. In its focus on _____
 - a. Colossians 1:28
 - b. 1 Corinthians 2:2
 - c. 2 Corinthians 4:5

- 2. In its concern to help people in a _____ manner

- 3. In its methodology
 - a. Admonish, _____, Help (1 Thessalonians 5:11,14; Titus 2:15)
 - b. Warn, Reject, Restore (Titus 3:10-11; Galatians 6:1)
 - c. _____, Remind (John 11:20-35; John 3:1-16)