

I. _____

A. Definition: Conducting inventory is the process of gathering data about the counselee in order to interpret his problems biblically.

B. Why Gather Data?

1. To determine your counselee's main _____

C. Using the PDI (Personal Data Inventory)

D. Types of data to gather (PREACH by Wayne Mack)

1. P: _____

2. R: RESOURCES & _____

3. E: _____

4. A: _____

5. C: CONCEPTUAL THINKING

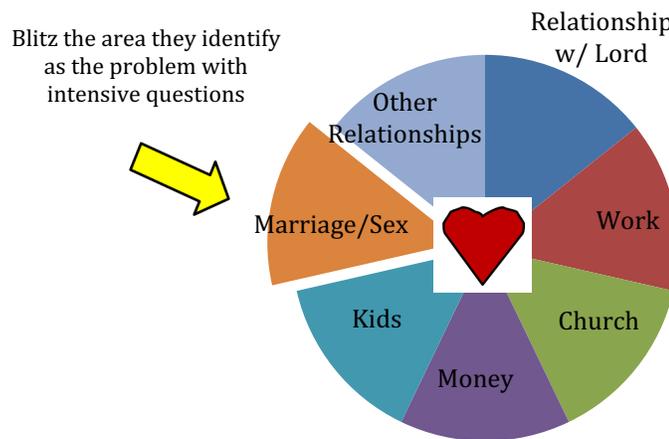
6. H: _____

E. The Process of Data Gathering

1. “The plans of the diligent lead surely to advantage but everyone who is hasty comes to poverty.” Proverbs 21:5

2. Ask Proper Questions
 - a. Specific and Concrete
 - b. _____-ended
 - c. Relevant
 - d. Withhold judgment
 - e. Extensive Questions
 - f. _____ Questions

Intensive/Extensive Questions



3. The Importance of _____
 - a. Requires self-control

 - b. Listening for
 - i. Victim mentality
 - ii. Sin= “A sickness” i.e. Disease model for drunkenness, gluttony, sexual sin, etc.
 - iii. Blame-shifting (“but” “because”)
 - iv. Hopelessness (sighing)
 - v. Exaggerations (“always,” “never”=100% language)
 - vi. Bunny trails
 - vii. What they don’t say (about family)
 - viii. Evasiveness (don’t answer question)
 - ix. Willingness to accept responsibility

- x. Defensiveness
 - A. “I am your friend, not your enemy.”
 - B. “I am here to help you.”
- xi. “But I Can’t!”
 - A. “Could it mean you don’t know how to do it?”
 - B. “Could it mean you’re an unbeliever and don’t have the grace of God to do it?”
- c. Avoid bad listening habits

II. _____

A. Definition: Interpretation is the process of analyzing the data biblically in order to:

1. Understand the nature of the counselee’s spiritual condition.
2. Accurately understand the nature and causes of counselee’s problems.
3. Provide accurate, helpful and appropriate biblical counseling.
4. Interpretation leads to the development of a plan for instruction.

B. Defining Data

1. Compare data to God’s Word and Christ
 - a. Use _____ labels and terms.
 - b. Avoid psychological labels.

c. Root/Heart

3. Test the validity of your interpretations with the counselee.

D. Formulating a Plan

1. Form a strategy.
2. Communicate the plan clearly.

3. Be solution-oriented.

III. _____

A. Definition: Instruction is the process whereby the counselor opens the Word of God and teaches through the Spirit of God so that the child of God may become like the Son of God.

B. Counseling Instruction is:

1. Thoroughly _____

- a. 2 Peter 1:3—The Scriptures are sufficient.
 - b. Don't bring psychology or secular theory into your counseling.
2. Biblically _____
3. Thoroughly _____
4. Action-oriented—Process of progressive sanctification: putting off, being renewed in thinking, and putting on. (Ephesians 4:22-24)
- C. Cautions:
1. Clearly differentiate between divine imperatives and human suggestions.
 2. Be careful not to have only one application in your instruction: *A* way can turn into *the* way, which can turn into *God's* way.
- D. Biblically _____ Instruction:
1. Content:

2. Method:

3. Timing:

E. Homework

1. Facilitates practice of what you have been instructing.
2. Responsibility for change resides with counselee and Holy Spirit.
3. Keeps expectation clear.
4. Minimizes dependence.
5. Keeps them in the word daily.
6. Covers a lot of ground quickly.
7. Helps identify those who are committed to change.
8. Counseling continues between sessions—principles keep working in their lives.
9. Change can begin immediately.
10. Incorporates all the resources available.
11. Provides more data.

F. Mechanics of Homework

1. Review previous homework at beginning of each session.

2. Be specific.

3. Involve both knowing (reading about a truth) and doing (putting it into action).
4. Assignments need to be appropriate to the identified problem.
5. Examples of types of homework and resources:
 - a. Memorize Scriptures you taught in session.
 - b. Pamphlets, books, CDs, articles from journals
 - i. Response Sheet
 - c. Incident/Thought Journals
 - i. What happened?
 - ii. What did you feel?
 - iii. What were your thoughts?
 - iv. What did you desire?
 - v. What did you do?
 - vi. What else could you have done?
 - vii. How would have God wanted you to handle this?
 - d. Daily study/prayer times
 - i. 1 Timothy 1:7--“...on the other hand, discipline yourself for the purpose of godliness...”
 - ii. Teach them how to have a devotional time.

- e. Church attendance
 - i. Sermon notes
 - ii. Encourage serving in the church.
 - f. Loving deeds for others
 - i. Require actions associated with desired areas of growth.
 - ii. Encourage them to listen during prayer requests for ways to serve.
 - g. Bible Studies
- G. The Counselor's Instruction Resources
- 1. Personal
 - a. Counseling filing cabinet:

 - b. Chain-referenced Bible with Scriptures cross-referenced
 - 2. Outside Resources
 - a. ibcd.org—free downloads of seminars and outlines of various counseling topics
 - b. *Journal of Biblical Counseling* Archive—counseling articles
 - c. biblicalcounseling.com—Association of Certified Biblical Counselors
 - d. CCEF.org—Christian Counseling and Education Foundation

IV. _____

- A. Definition: Inducement is counselor's attempts to persuade, motivate and influence the counselee to make certain commitments or decisions that will facilitate biblical change.
- B. The counselee sees and internalizes the truth.

C. Examples of Inducement:

1. Prodigal son's resolve to return to father in humility. (Luke 15:11-32).
2. Job's resolve to make a covenant with his eyes. (Job 31:1).
3. David's resolve to talk to himself instead of listening to himself. (Psalm 42:1-6)
4. Intentioning to put to death the deeds of the flesh. (Romans 8:13)
5. Disciplining yourself for the purpose of godliness. (1 Timothy 4:7)

D. Commitments to look for:

1. They are making the Bible their final authority.
2. They are trusting and depending on Christ for the grace and resources to change.
3. They are confessing and repenting of sin, calling it the same thing God does.
4. They are accepting personal responsibility for their unbiblical motives, thoughts, actions and feelings.
5. They want to change to please the Lord instead of a change in circumstances.

V. _____

A. Definition: Implementation is helping the counselee understand and implement the practice that change requires.

B. Sanctification

1. The counselee should not expect the _____ to change him.
2. Explain to your counselee how progressive sanctification works.

3. The greatest progress in counseling is made in between sessions.

VI. _____

A. Definition: Integration is the Word of God becoming integrated into the counselee's life so that he is habituated to a biblical lifestyle and *can begin to minister to others in the church.*

2 Timothy 2:2—"The things which you have heard from me in the presence of many witnesses, entrust these to faithful men who will be able to teach others also."

B. Signs of Integration

1. They understand what has caused their problems and how to handle them biblically.
2. They begin to understand and implement new response patterns to where the patterns become automatic.
3. When they fail, they can diagnose the reason and plan to correct it.
4. They can state how they have changed and others can verify they have changed.
5. They pass a test!
6. They have increased love for Christ and for others.
7. They share with others.

THE THREE TREES (LUKE 6:43-45)

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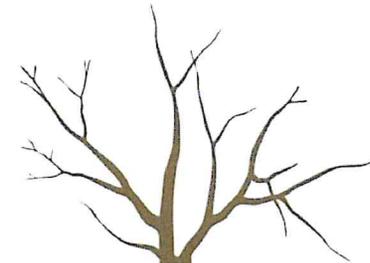
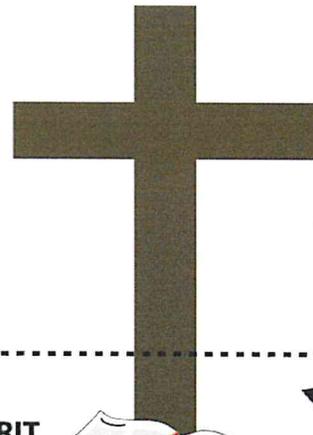
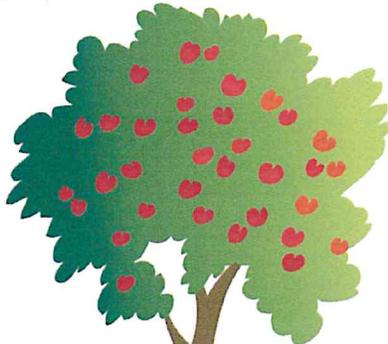


1 HEAT
What is your situation?

What is the effect of your behavior?

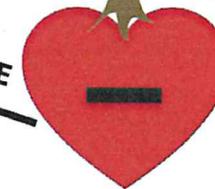
2 BAD FRUIT
How do you react?

6 GOOD FRUIT
How should you respond?



3 BAD ROOT
What do you want and believe?

REPENTANCE
FAITH

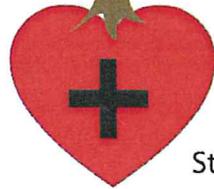


4 REDEEMER (The Gospel)
Who is God and what does He say and do in Christ?



HOLY SPIRIT

Streams of living water
(John 7:38)



5 GOOD ROOT
What should you want and believe?

