

- a. Man is depraved
 - i.
 - ii.
 - iii.
 - iv.

- b. Failure to have an accurate view of man leads to
 - i.
 - ii.
 - iii.

- C. Character of the Biblical Counselor
 - 1. A life of heart-worship
 - a.
 - b.
 - c.
 - d.

 - 2. A life of self-control (Gal. 5:22)
 - a. Disciplined for godliness (1 Tim. 4:7-8)
 - i. 1 Corinthians 9:27
 - ii. Matthew 6:33
 - iii. Ephesians 4:29-29

 - b. Putting sin to death (Col. 3:5)

 - c. Constant growth in Christlikeness through putting off, being renewed, and putting on (Eph. 4:22-24)

3. A life of humility instead of pride

a. Pride

i. A master's mindset rather than that of a servant

ii. Definition:

A. A focus on self and the service of self

B. A pursuit of self-recognition and self-exaltation

C. A desire to control and use all things for self.

D. Distortion of Romans 11:36—"For all things are from me, through me and to me. To me be the glory forever."

iii. Common manifestations of pride: complaining, judging, ingratitude, anger, superiority, arrogance, self-pity, perfectionism, talking too much, fearing man, independent, _____, sarcastic, selfish, lack of compassion, blame-shifting, unforgiving, prayerlessness, rebellious against authority, impatience, jealousy, deceitful, aloof.

b. Humility

i. A servant's mindset rather than that of a master

ii. Definition:

A) Jesus is the perfect example of humility.

1) Did not come to be served but to serve (Matthew 20:28)

2) Gave His life as a ransom for many (Mark 10:45)

3) Gentle and humble in heart (Matthew 11:29).

B) A focus on God and the service of others

C) A pursuit of the recognition and exaltation of God

D) A desire to glorify and please God in all things by all things He has given.

E) Humbly living out Romans 11:36—"For all things are from Him, through Him and to Him. To God be the glory forever. Amen."

- iii. Common manifestations of humility: treasures God's grace, extends grace to others, prayerful, thankful, gentle, patient, listener, edifies others, submissive to those in authority, teachable, serves others, confesses sin quickly and asks forgiveness, happy for others, sees own faults

c. Growing in humility

- i. *From Pride to Humility* by Stuart Scott
- ii. *Humility* by C.J. Mahaney
- iii. Ask others if you come across as proud in any way. Do this regularly!
- iv. Study Jesus

II. 8 I's of Biblical Counseling

A. Introduction to 8 I's counseling methodology

B. _____

1. Definition:

- a. Involvement is building a Christ-like relationship with the counselee where you put yourself compassionately in a position to help them love God and love others.
- b. Not aloof and distant like some therapies where counselor simply mirrors counselee.

2. Biblical Examples of Involvement

- a. John 11:33-36
- b. Ephesians 5:1-2

- c. 1 Thessalonians 2:7-9
- d. 2 Corinthians 2:4
- 3. Types of Involvement
 - a. _____

 - b. Secondary

- 4. _____ Involvement
 - a. _____

 - b. _____

5. Evidences of Involvement
 - a. Be available
 - b. Be patient with all
 - c. Be honest
 - d. Pray with and for the counselee.
 - e. Express confidence in their ability to obey Scripture.
 - f. Observe limited confidentiality.
 - Review “Consent to Counsel” in index
 - g. Manifesting the Fruit of the Spirit

C. _____

1. Definition
 - a. Inspiration is building effectual confidence in God and His promises that He will do what He says.
 - b. Inspiration is instilling hope in the counselee.
2. The Need for Hope
 - a. Those who are
 - i.
 - ii.
 - iii.
 - iv.
 - v.

- b. Those who
 - i.
 - ii.
 - iii.
 - c. Those whose problems
 - i.
 - ii.
 - iii.
3. What is Biblical Hope?
- a. A result of _____: “Blessed be the God and Father of our Lord Jesus Christ, who according to His great mercy has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead” (1 Peter 1:3).
 - b. Based upon Scripture
 - c. A choice we make to have an expectation of good based on the promises of God.
 - d. Is an anchor for the soul—Heb. 6:20
 - e. Is a result of sanctification—Rom. 5:3-5.
4. How to Inspire Hope
- a. Their problems are not unusual.
 - b. God’s Word has answers to their problems.
 - c. Foster their relationship with God through the Scriptures

