

2. Describe at least six biblical strategies to develop a caring relationship with your counselees. Clearly identify each strategy and ground its use in specific passages of Scripture, explaining its practical utility in building a relationship.

I. Overview

- A. View every Counselee as a Brother or Sister in Christ.
- B. Build Your Counselees Up, Rather than Judging Them.
- C. Earnestly Care for your Counselees.
- D. Bear One Another's Burdens.
- E. Speak the Truth in Love.
- F. Teach and Admonish One Another.
- G. Cultivate Genuine Love and Compassion for our Counselees.
- H. Pray for our Counselees.

II. View every Counselee as a Brother or Sister in Christ.

- A. **Romans 12:10** *Love one another with brotherly affection. Outdo one another in showing honor.*
 - 1. Scott "This command is to treat other believers as you would treat a family member. If you get along well with your brothers and sisters, you know what this means. . . One would expect warmth, concern, care, and devotion."¹
 - 2. Scott "Why does Paul use a term that is traditionally associated with family—that is, blood relatives—to show how believers should treat one another? Because most people are devoted first and foremost to their blood relatives before they are to others. However, God calls believers to have a devotion to other believers that is the same as one's devotion to immediate family members. Christians are members of one another—all being a part of the family of Jesus Christ."²
 - a. **Romans 12:12-13** *Rejoice in hope, be patient in tribulation, be constant in prayer. Contribute to the needs of the saints and seek to show hospitality.*
 - b. **Romans 12:15** *Rejoice with those who rejoice, weep with those who weep.*
 - c. **1 Timothy 5:8** *But if anyone does not provide for his relatives, and especially for members of his household, he has denied the faith and is worse than an unbeliever.*

¹ Stuart Scott, *31 Ways to be a "One Another" Christian*, 13.

² Stuart Scott, *31 Ways to be a "One Another" Christian*, 14.

III. **Build Your Counsees Up, Rather than Judging Them.**

- A. Scott “Because of one’s relationship with Jesus Christ, there is to be a peace at a horizontal level among fellow believers. . . If there are cracks between the bricks, the building will not be strong. Bricks joined together in a building are dependent upon one another for strength and support. In the same way, believers need one another and should thus seek to build one another up. Each person should be building the other person up in his or her faith. The interests of the church should take a priority over the interests of self. Focusing on building up specific individuals will contribute to the building up of the church.”³
- B. Scott “Scripture commands that believers *pursue* the building up of one another. This does not suggest a lazy, apathetic approach to one’s relationships with others. Rather, Scripture calls for a purposeful, deliberate, and urgent action among believers to build one another up.”⁴
- C. **Romans 14:13** *Therefore let us not pass judgement on one another any longer, but rather decide never to put a stumbling block or hindrance in the way of a brother.*
- D. **Romans 14:19** *So then let us pursue what makes for peace and mutual upbuilding.*
- E. **1 Thessalonians 5:11** *Therefore encourage one another and build one another up, just as you are doing.*
- F. **Ephesians 4:29** *Let no corrupting talk come out of your mouths, but only such as is good for the building up, as fits the occasion, that it may give grace to those who hear.*
- G. **Colossians 3:16** *Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.*
- H. **Matthew 7:1-5** *Judge not, that you be not judged. For with the judgment you pronounce you will be judged, and with the measure you use it will be measured to you. Why do you see the speck that is in your brother’s eye, but do not notice the log that is in your own eye? Or how can you say to your brother, ‘Let me take the speck out of your eye,’ when there is the log in your own eye? You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother’s eye.*
1. Humility and sincere self-reflection are an important aspect of developing a caring relationship with your counsees. It’s easy to jump to conclusions or judge our counselee’s decisions and actions without first reflecting on our shortcomings. How would you have responded in a similar situation? How would your emotions have clouded your judgment and the decisions you would have made? Remember to take a moment and reflect on the reality of just how depraved mankind really is. Then, when your perspective is set right, once you’ve taken the log out of your own eye, assist your fellow brother or sister in Christ with their speck.

³ Stuart Scott, *31 Ways to be a “One Another” Christian*, 22.

⁴ Stuart Scott, *31 Ways to be a “One Another” Christian*, 22.

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IV. Earnestly Care for your Counselees.

- A. Definition of care: “The process of protecting someone or something and providing what that person or thing needs.”⁵
- B. Scott “. . . a believer must care for others equally and without discrimination, understanding that each part of the body is important. The less honorable parts are equally deserving of care as the more honorable parts. The weaker parts should be cared for as much as the stronger parts. Those who are less visible should receive care as much as those who are more visible.”⁶
- C. **1 Corinthians 12:25-26** *that there may be no division in the body, but that the member may have the same care for one another. If one member suffers, all suffer together; if one member is honored, all rejoice together.*
- D. **Galatians 6:10** *So then, as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith.*
- E. Be tenderhearted and comfort your counselees.
 - 1. Scott “True comfort comes not from limited human wisdom or a quickly dispensed phrase but rather the ministry of the very words of God—that is, the Word carefully and compassionately unfolded within a sufferer’s difficult, fearful, or sorrowful context.”⁷
 - a. **Romans 15:4** *For whatever was written in former days was written for our instruction, that through endurance and through the encouragement of the Scriptures we might have hope.*
 - b. Scott “Believers can lose focus and be in despair when they focus too much on the things of this world. There is always a need for an eternal perspective on life and not being so nearsighted as to forget God and the great promises he has made in his Word. We can bring real comfort and hope by encouraging one another with his words (Psalm 119:49, 50; Psalm 19:7, 8).”⁸

V. Bear One Another’s Burdens.

- A. **Galatians 6:1-2** *Brothers, if anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness. Keep watch on yourself, lest you too be tempted. Bear one another’s burdens, and so fulfill the law of Christ.*
- B. Scott “A believer in Jesus Christ should not have to endure difficult trials by himself. It is the responsibility of fellow believers to help other Christians carry whatever heavy loads they are presently enduring.”⁹
- C. Mack “A genuine care and concern for the individual will compel us to deal with the person and the problems. The point is, counselors cannot allow themselves to become

⁵ <https://dictionary.cambridge.org/us/dictionary/english/care>

⁶ Stuart Scott, *31 Ways to be a “One Another” Christian*, 36.

⁷ Stuart Scott, *31 Ways to be a “One Another” Christian*, 72.

⁸ Stuart Scott, *31 Ways to be a “One Another” Christian*, 72.

⁹ Stuart Scott, *31 Ways to be a “One Another” Christian*, 41.

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exclusively *problem-oriented*. Rather, they need to be *person-oriented*; then the treatment of problems that flows from that emphasis will be set in the proper context.”¹⁰

- D. Scott “One thing to keep in mind is that the ‘one another’ command does not mean you need to take on the *entire* burden of the other person. . . For example, if someone is depressed and her apartment is a mess, you should not clean her entire apartment by yourself but rather *help* her clean her own apartment. It should not be ‘I’ll do it for you’ but rather, ‘I’ll help you. We will get this done *together*.’”¹¹

VI. Speak the Truth in Love.

- A. Scott “Truth is such a foundational aspect of a trusting relationship. Without truthfulness, a biblical relationship cannot occur. How can there be a loving relationship if that relationship is based on falsehood and lies? Repeated lies destroy the trust in a relationship and the basis of a good relationship is damaged. Lying should not characterize a believer; rather, the speaking of truth should characterize a believer.”¹²
- B. Scott “Not only must one speak the truth, but one must speak the truth in *love*. . . Truth not spoken in love can be quite harmful. . . Truth must be spoken at the appropriate time, under the appropriate circumstances, and in the appropriate manner, or it is not spoken in love.”¹³
- C. **Ephesians 4:11-16** *And he gave the apostles, the prophets, the evangelists, the shepherds and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ, so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes. Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.*
- D. **Ephesians 4:25** *Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another.*
- E. **Proverbs 12:19** *Truthful lips endure forever, but a lying tongue is but for a moment.*
- F. **Proverbs 12:22** *Lying lips are an abomination to the LORD, but those who act faithfully are his delight.*
- G. **Ephesians 4:29** *Let no corrupting talk come out of your mouths, but only such as is good for the building up, as fits the occasion, that it may give grace to those who hear.*

¹⁰ Wayne Mack, “Developing a Helping relationship with Counselees,” in John MacArthur, ed., *Counseling: How to Counsel Biblically*, 102.

¹¹ Stuart Scott, *31 Ways to be a “One Another” Christian*, 42.

¹² Stuart Scott, *31 Ways to be a “One Another” Christian*, 44-45.

¹³ Stuart Scott, *31 Ways to be a “One Another” Christian*, 45.

VII. **Teach and Admonish One Another.**

- A. **Colossians 3:16** *Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.*
- B. **Colossians 1:28-29** *Him we proclaim, warning everyone and teaching everyone with all wisdom, that we may present everyone mature in Christ. For this I toil, struggling with all his energy that he powerfully works within me.*
- C. Scott “As a result of being filled with God’s Word, believers should teach one another with all humility. In a general sense, teaching is not only something done by the appointed elders or pastors, but it is done by everyone. Believers are to take every opportunity to teach one another the great truths of God whenever they can—and this may take place not only in formal Bible studies but also during times of singing.”¹⁴

VIII. **Cultivate Genuine Love and Compassion for our Counselees.**

- A. **Matthew 9:35-38** *And Jesus went throughout all the cities and villages, teaching in their synagogues and proclaiming the gospel of the kingdom and healing every disease and every affliction. When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, “The harvest is plentiful, but the laborers are few; therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest.”*
 - 1. Cultivating genuine love and compassion for our fellow man is part of our sanctification. When Christ went through the earth, he saw the crowds of people, most of which were unrepentant sinners. In Matthew, it says that “. . . he had compassion on them, because they were harassed and helpless, like sheep without a shepherd.” It is with this same compassion that we are to look at our counselees. Our counselees are coming to us in a time of tribulation in their life. They are struggling, they’re like helpless sheep being harassed, in need of a shepherd. Have compassion for them and care for them as Christ would care for his beloved sheep.
- B. **1 Corinthians 13:4-8** *Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things. Love never ends.*
 - 1. Scott “Note that all of these words describing love are verbs; they are words denoting action. In other words, these are all words of *motion*, not *emotion*.”¹⁵
- C. **1 Thessalonians 3:12** *And may the Lord make you increase and abound in love for one another and for all, as we do for you,*
- D. **Colossians 3:12** *Put on then, as God’s chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience,*
- E. **1 Peter 3:8** *Finally, all of you, have unity of mind, sympathy brotherly love, a tender heart, and a humble mind.*

¹⁴ Stuart Scott, *31 Ways to be a “One Another” Christian*, 64.

¹⁵ Stuart Scott, *31 Ways to be a “One Another” Christian*, 68.

IX. **Pray for our Counselees**

- A. Scott “God wants believers to pray, specifically here for the unbelieving world. . . Believers today also need to be keenly aware of the needs around them in this world and pray to God to show his saving grace. The believer’s desire must align itself with God’s desire, namely, that all men be saved and ‘come to the knowledge of the truth’ (1 Timothy 2:4).”¹⁶
- B. **James 5:16** *Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.*
- C. **Philippians 4:6** *Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.*
 - 1. Working with a counselee can cause a lot of anxiety. In fact, we can be nervous about entering the counseling room, especially when the counseling case is not going well. Remember, the Scriptures teach us not to be anxious about anything. This doesn’t mean that we should go into a situation unprepared or ill-equipped, rather that we should be equipped and competent. We should do what we can to be as prepared as we can be when we enter the counseling room. We should have the mindset that, after all the dust settles, that you held nothing back, that you gave it everything you had, that you have no regrets because you did all that you could. This begins with, and ends with, going to God in prayer for help, guidance, strength, and courage. And in the end, trust that God is sovereign over all things.
- D. **1 Timothy 2:1** *First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people,*

X. **Suggested Reading**

- A. **Stuart Scott, 31 Ways to be a “One Another” Christian.**
- B. **Paul Trip, Instruments in the Redeemer’s Hands.**
- C. Ed Welch, *Side By Side.*
- D. Timothy Lane and Paul Trip, *Relationships: A Mess Worth Making.*

¹⁶ Stuart Scott, *31 Ways to be a “One Another” Christian*, 85.