

God-Breathed - Asheton Amerson

2 Timothy 3:16 (ESV)

All Scripture comes from God.

His... Authority & Character

God's Word is profitable in 4 ways

1. Teaching
2. Rebuking
3. Correcting
4. Training

ABC's of Biblical Counseling

Awareness

Brokenness

Change

3 Major Kinds of Biblical Counseling

1. Suffering
2. Wisdom
3. Change (Sin)

Teaching - Matthew 28:19-20

"Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, **teaching them to observe all that I have commanded you.** And behold, I am with you always, to the end of the age."

Understanding of God

- God is all Powerful (1 Chronicle 29:11)
- God is Holy (Isaiah 6:3)
- God is Gracious (Psalm 116:5)
- God is Just (Psalm 89:14)
- God has an agenda for our life -

Matthew 22:37-39

"And he said to him, "You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: You shall love your neighbor as yourself."

Love God & Love Others

Understanding of Man - Our Sin Nature

Romans 3:10-18

"None is righteous, no, not one; no one understands; no one seeks for God. All have turned aside; together they have become worthless; no one does good, not even one. Their throat is an open grave; they use their tongues to deceive. The venom of asps is under their lips. Their mouth is full of curses and bitterness. Their feet are swift to shed blood; in their paths are ruin and misery, and the way of peace they have not known. **There is no fear of God before their eyes."**

Understanding of Man - We are both Material and Immaterial beings (Soul, Spirit, Heart, Mind)

Hebrews 4:12

For the word of God is living and active, sharper than any two-edged sword, piercing to the **division of soul and of spirit**, of joints and of marrow, and discerning the thoughts and intentions of the heart"

Understanding of the ROOT of Sin

"Man loves to blame the **Body** for the things God holds the **Soul/Spirit** responsible for."

James 4:1-2

"What causes fights and quarrels among you? Don't they come from **your desires** that battle within you? **You desire** but do not have, so you kill. **You covet** but you cannot get what you want, so you quarrel and fight."

Mark 7: 20-23

He (Jesus) went on: "What comes out of a person is what defiles them. **For it is from within, out of a person's heart**, that evil thoughts come—sexual immorality, theft, murder, adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. **All these evils come from inside and defile a person.**"

James 1:13-15

"Let no one say when he is tempted, "I am being tempted by God," for God cannot be tempted with evil, and he himself tempts no one. But each person is tempted when he is lured and enticed **by his own desire. Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings forth death.**"

Common Desires and Lusts:

1. Respect
2. Acceptance
3. Have Our Way/To Be Right
4. Appreciation
5. Affection
6. Pleasure
7. Control
8. Safety
9. Happiness
10. Never Hurt Again

Rebuking - This is false or wrong

Colossians 2:8

"See to it that no one takes you captive by philosophy and empty deceit, according to human tradition, according to the elemental spirits of the world, **and not according to Christ.**"

Ephesians 4:14

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.

This is true or right

Romans 12:2

Do not be conformed to this world, but **be transformed by the renewal of your mind**, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Matthew 7:3-5

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, **(1) first take the log out of your own eye, and (2) then you will see clearly to (3) take the speck out of your brother's eye.**

Training - This is how you live righteously (Rightly)

Ephesians 4:18-24

To **put off your old self**, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness.

Romans 8:5-6

For those who live according to the flesh **set their minds on the things of the flesh**, but those who live according to the Spirit set their minds on the things of the Spirit. For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.