

# **THE BASICS OF BIBLICAL COUNSELING**

A study of the Scriptures to help the Body of Christ to  
grow in all times and seasons of life.

Session 3 of 10

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2021

## REVIEW SESSION 2

### I. LANGUAGE & HOW IT'S USED

- a. Words, wording, and repetition of words
  - i. Figurative vs Tangible
  - ii. Counselee vs Biblical counselor
  - iii. Words reveal how one THINKS
    - 1. Biblical vs Secular
    - 2. Positive vs Negative
- b. Possible “Red Flag” words and excuses
  - i. C \_\_\_\_\_
  - ii. S \_\_\_\_\_ or S \_\_\_\_\_
  - iii. F \_\_\_\_\_
  - iv. M \_\_\_\_\_
  - v. N \_\_\_\_\_
  - vi. A \_\_\_\_\_
  - vii. \_\_\_\_\_

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c. Body language & facial expressions

- i. Caution – Don’t \_\_\_\_\_ everything you hear or read on Fox, CNN, etc.

**\*Here is a link to an interesting video on body language and spotting a lie: [https://www.youtube.com/watch?v=pni\\_kDv9BsU](https://www.youtube.com/watch?v=pni_kDv9BsU)**

- ii. In the beginning just \_\_\_\_\_ the counselee what he/she is \_\_\_\_\_ in order to help identify what is physical and what is emotional/spiritual

d. Confronting faulty thinking (2 Tim. 3:14-17; Rom 2:14-16)

- i. Follow the example of Christ Jesus (Matthew 19:16–22)
- ii. Be \_\_\_\_\_ and keep notes early on in order to see or find patterns to confront counselee

- iii. In your confronting of another don’t take their words, anger, and other reactions \_\_\_\_\_

- 1. John 1:16-17
- 2. Colossians 4:2-6

- iv. Adams’ view of using “Deadly Euphemisms” or false statements about self

*Words like “emotional problems” are euphemisms. Nobody has emotional problems; there is no such thing as an emotional problem. Those words are strictly euphemistic.*

*...Usually when one complains of emotional difficulties, there is nothing wrong with his emotions (i.e., there has been no neurological, glandular, or vascular impairment).<sup>7</sup> When a depressed counselee says that he has an emotional problem, the counselor should tell him: “No you don’t; your emotions*

*are working very well. Look how depressed (anxious, etc.) you are. The problem is not that you have an emotional problem, as if your emotions have been disturbed or were immature (another euphemism), but that some other cause has triggered these unpleasant emotions.*

*...The counselee's behavior is wrong; there is nothing wrong with his emotions. His conscience, i.e., his ability to make judgments about his own behavior..., may trigger all sorts of pleasant or unpleasant emotions it is true. Sinful behavior leads to unpleasant emotional experiences. But the way to get relief from these is not by attacking the emotions, but by changing (repenting of) the behavior. One may not repent merely for relief. He must repent because he has sinned against God. The problem is a behavioral problem, not an emotional problem.<sup>1</sup>*

- v. A few types of faulty or problematic thinking (*Below is a resource from CBT that can sometimes be helpful*)

Listed below are several types of patterns of problematic thinking that people use in different life situations. These patterns often become automatic, habitual thoughts that cause us to engage in self-defeating behavior. Considering your own stuck points, find examples for each of these patterns. Write in the stuck point under the appropriate pattern and describe how it fits that pattern. Think about how that pattern affects you.

1. Jumping to conclusions or predicting the future?
2. Exaggerating or minimizing a situation (blowing things way out of proportion or shrinking their importance inappropriately).
3. Ignoring important parts of the situation.

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<sup>1</sup> The Christian Counselor's Manual (Jay Adams Library) (p. 109-110). Zondervan. Kindle Edition.

4. Oversimplifying things as good/bad or right/wrong.
5. Over-generalizing from a single incident (a negative event is seen as a never-ending pattern).
6. Mind reading (you assume people are thinking negatively of you when there is no definite evidence for this).
7. Emotional reasoning (using your emotions as proof, e.g., “I feel fear so I must be in danger”).<sup>2</sup>

## II. T.F.A = THINKING, FEELING, ACTION

- a. All of humanity falls within one of these categories when making decisions about self or life.
  - i. Thinkers
  - ii. Feelers
  - iii. Impulsive
- b. Adams' speaks of “The Language of Emotions and Actions” and states attitudes, feelings, and behavior must be defined/distinguished because they are often confused by their overlapping and connection to each other.
  - i. Attitudes – (See quote)

*An attitude is that combination of presuppositions, beliefs, convictions, and opinions that make up one's habitual stance at any given time toward a subject, person, or act.<sup>3</sup>*

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<sup>2</sup> CBT Worksheets

<sup>3</sup> The Christian Counselor's Manual (Jay Adams Library) (p. 115). Zondervan. Kindle Edition.

- ii. Feelings – “*refers to the perception of a bodily state as pleasant or unpleasant (“I feel bad; I feel tired; I feel happy”).*”<sup>4</sup>

*When a counselee complains, “I feel inferior (or stupid, or inadequate),” it is important to point out to him that he is not speaking altogether accurately. No one feels inferior, stupid, or inadequate. What he is expressing is not a feeling but a judgment or attitude or conviction or belief about himself.*<sup>5</sup>

- iii. Behavior (action) – *The term behavior is best used to describe those activities of a whole person ... that may be judged by the law of God. Behavior is responsible conduct.*<sup>6</sup>
  - c. When confronting attitudes, feelings, and behaviors remember the three questions that help to define the counselee’s attitudes, feelings, and behaviors.
    - i. “What do you mean by that \_\_\_\_\_?”
    - ii. “How did you come to that conclusion?”
    - iii. “Have you ever considered \_\_\_\_\_?”
- The counselor may ask, “What reasons do you have for concluding that you are inadequate?” or perhaps even more directly, “You must have good reasons for this conclusion; tell me in what ways you have been inadequate.”<sup>7</sup>*

### III. CHRISTIANITY IS A THINKING BELIEF SYSTEM (Power Passages)

- a. Getting your thoughts right (focus)

**Philippians 4:8-9 (ESV)** Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely,

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<sup>4</sup> Ibid (p. 112).

<sup>5</sup> Ibid (p. 113).

<sup>6</sup> Ibid (p. 116).

<sup>7</sup> Ibid (p. 113).

whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.<sup>9</sup> What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

**Romans 8:5 (ESV)** 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.

**Romans 12:1-2 (ESV)** I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.<sup>2</sup> 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.

**Ephesians 4:17-24 (ESV)** Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds.<sup>18</sup> They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart.<sup>19</sup> They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity.<sup>20</sup> But that is not the way you learned Christ!—<sup>21</sup> assuming that you have heard about him and were taught in him, as the truth is in Jesus,<sup>22</sup> to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires,<sup>23</sup> and to be renewed in the spirit of your minds,<sup>24</sup> and to put on the new self, created after the likeness of God in true righteousness and holiness.

- b. Stop the sin of worry

**Proverbs 12:25 (ESV)** Anxiety in a man's heart weighs him down, but a good word makes him glad.

**Philippians 4:6-7 (ESV)** do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.<sup>7</sup> And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

**Matthew 6:25-34 (ESV)** “Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? <sup>26</sup> Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? <sup>27</sup> And which of you by being anxious can add a single hour to his span of life? <sup>28</sup> And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, <sup>29</sup> yet I tell you, even Solomon in all his glory was not arrayed like one of these. <sup>30</sup> But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? <sup>31</sup> Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ <sup>32</sup> For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. <sup>33</sup> But seek first the kingdom of God and his righteousness, and all these things will be added to you. <sup>34</sup> “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

c. Follow God’s strength and conditioning program

**Psalm 119:105-107 (ESV)** Your word is a lamp to my feet and a light to my path. 106 I have sworn an oath and confirmed it, to keep your righteous rules. 107 I am severely afflicted; give me life, O LORD, according to your word!

**Romans 5:1-6 (ESV)** Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ.

<sup>2</sup> Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God. <sup>3</sup> Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, <sup>4</sup> and endurance produces character, and character produces hope, <sup>5</sup> and hope does not put us to shame, because God’s love has been poured into our hearts through the Holy Spirit who has been given to us. <sup>6</sup> For while we were still weak, at the right time Christ died for the ungodly.

**Romans 8:26-28 (ESV)** Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit

himself intercedes for us with groanings too deep for words.<sup>27</sup> And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.<sup>28</sup> And we know that for those who love God all things work together for good, for those who are called according to his purpose.

**Romans 8:35-39 (ESV)** Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword?<sup>36</sup> As it is written, “For your sake we are being killed all the day long; we are regarded as sheep to be slaughtered.”<sup>37</sup> No, in all these things we are more than conquerors through him who loved us.<sup>38</sup> For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers,<sup>39</sup> nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

**2 Corinthians 12:7-10 (ESV)** So to keep me from becoming conceited because of the surpassing greatness of the revelations, a thorn was given me in the flesh, a messenger of Satan to harass me, to keep me from becoming conceited.<sup>8</sup> Three times I pleaded with the Lord about this, that it should leave me.<sup>9</sup> But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.<sup>10</sup> For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.

#### **IV. CONTINUED DISCUSSION OF CASE STUDY**