

# **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 4b of 10

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## REVIEW

### III. THE IMPORTANCE OF HOPE

a. The role of hope in Biblical counseling is tied to change; change can't happen without hope.

i. In every loss, crisis, or scenario of despair, people need hope.

ii. Quote

*If we want to help any of these people, we must make sure that inspiration and hope are operative elements in our counseling.*<sup>1</sup>

iii. Hope and the process of sanctification are also tied together

iv. Biblical examples of hope

- Hope produces joy that remains, even through the most difficult trials (Prov. 10:28; Rom. 5:2–3; 12:12; 1 Thess. 4:13).
- Hope produces perseverance (Rom. 8:24–25).
- Hope produces confidence (2 Cor. 3:12; Phil. 1:20).
- Hope produces effective ministry (2 Cor. 4:8–18).
- Hope produces greater faith and love (Col. 1:4–5).
- Hope produces consistency (1 Thess. 1:3).
- Hope produces increased energy and enthusiasm (1 Tim. 4:10).
- Hope produces stability (Heb. 6:19).
- Hope produces a more intimate relationship with God (Heb. 7:19).

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<sup>1</sup> MacArthur, John F.; Mack, Wayne A.; Master's College Faculty., Counseling (MacArthur Pastor's Library) (p. 114). Thomas Nelson. Kindle Edition.

- Hope produces personal purity (1 John 3:3).<sup>2</sup>

b. **False hope** (Prov. 10:28; 11:7)

- i. Founded on humanistic thoughts of what is pleasurable and desirable
- ii. Counseling that promises one's wishes will be realized or satisfied because it is God's will is a lie
- iii. Focuses more on the physical rather than the spiritual (Jn. 16:33; James 1:2-4)
- iv. Not based in reality (mystical thinking) **“if I just...”**
  1. Read my Bible (rather than apply correctly)
  2. Go to church
  3. Pray
- v. Wrong interpretation
  1. Eisogesis
  2. Exegesis
  3. Scripture considerations (Matt. 18:19)
- vi. Biblical counselors need to lovingly challenge the false hopes others have

c. **Genuine hope** is an expectation based on the promises of God (Rom. 4:18; 2 Pet. 1:4)

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<sup>2</sup> Ibid

- i. An expectation rooted in belief (Isa. 8:17; Mic. 7:7; Ps. 42:5)
- ii. Is derived from true salvation (1 Pet. 1:3; Col. 1:4-5, 25-27; 1 Tim. 1:1)
- iii. Focuses the totality of God's will for the whole (Phil. 1:12-14, 17-20; 2 Tim. 2:8-10)
- iv. Quote

***The Christian's cup in this world is never half empty. It is always half full. Christians are never in a no-win situation, but always in a no-lose situation, because even though we may not understand God's reasons for whatever happens to us, we can know that He is accomplishing a grand divine plan that will ultimately glorify Him and benefit us.***<sup>3</sup>

- v. Realistic despite one's present circumstances (Rom. 4:19-21; 8:28)
- vi. Renewed daily (2 Cor. 4:16)
- vii. Strengthened through the study of God's Word (Ps. 119:49; 130:5; Lk. 24:25-32)
- viii. A matter of choice (1 Pet. 1:13)

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<sup>3</sup> Ibid, (p. 120).