

# Principles of Counseling - Part 1

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### I. Introduction to Counseling.

- A. Counseling is not an option for those interested in a person-centered ministry.
- B. The idea that a Christian is a person without a problem is wrong.
- C. Christians are people with the Problem Solver.
- D. Job tells us that man is born to trouble as surely as sparks fly upward. (Job 5:7)
- E. Jesus promises us that we will have trouble. (John 16:33)
- F. Paul tells us that we are to believe and to suffer. (Philippians 1:29)

### II. The four-fold source of human problems.

- A. Disease and disaster - "Teach us to number our days." (Psalm 90:12)
- B. Interpersonal tension.
- C. Cultural conflict.
  - 1. How deeply infected are you by your society?
  - 2. The result of legalism is conforming to the Christian community, not to Jesus Christ.
- D. Spiritual alienation.
  - 1. Men at war with themselves, their neighbor, and God.
  - 2. The church has under emphasized the doctrine of sin.
  - 3. Many problems people face are the result of willful sin.

### III. Foundational stones – What must I know to be an effective counselor?

- A. The Word of God and its impact.
  - 1. Working knowledge of its contents. The only thing we can use in counseling is what we have at our fingertips.
    - a. Those who love God's law have great peace. (Psalm 119:165)
    - b. Do your best to properly understand and communicate God's truth. (II Timothy 2:15)

2. A dynamic experience with the Word's power.

a. Ezra sets his heart to seek, to do, and to teach the Word. (Ezra 7:10)

1. The great measure of our lives is not what we know, but what we do.

3. A theological understanding of the Word's importance.

a. What you believe always determines how you behave.

b. To know and not to do is not to know at all.

c. Biblical theology studies what a certain writer of the Bible says.

d. Systematic theology studies what the entire Bible teaches on a certain topic.

B. Two areas where we need clear understanding: Salvation by grace and walking by the Spirit. (Ephesians 2:8-10, 5:18)

1. We have to have a Christianity that works in the real world.

C. Implications of doctrinal truth.

1. 70% of people in counseling do not know what their real problem is.

2. Not all problems are spiritual, but all problems have a spiritual relationship.

3. Every area of our lives must be brought under the sovereign control of Christ. (II Corinthians 5:17)

4. This teaches that the Christian life is dynamic, not static. It's a life of progress.

D. The interrelatedness of problems.

1. If I am out of relationship with Jesus Christ, it is very easy to be out of relationship with those closest to me.

2. Never make a serious decision when you are tired or have a headache.

IV. Four-fold nature of our lives. (Luke 2:52)

A. Jesus grew in wisdom, age, divine and human favor. (Luke 2:52)

B. This illustrates the four-fold nature of our lives:

1. Physical

2. Emotional

3. Spiritual

4. Mental

E. These four are interrelated.

F. Most people do not go under from regular pressure but self-imposed pressure.

G. One of the critical times to present the Gospel is when someone experiences the “40 something syndrome” where they question their lives and decisions.

H. Perfectionism in the flesh occurs when someone attempts to fix their spiritual problems through legalism.

V. Four critical areas to consider when dealing with people.

A. The nature of sin.

B. The nature of man.

C. The nature of our time.

D. The nature of our calling.

VI. The Doctrine of Biblical Separation.

A. The doctrine of separation is not isolation but immunization. (Mark 2:13-17, John 17:15-19, I Corinthians 5:9-13)

B. We have taught people to hate sin, and they end up hating the sinners.

C. Understanding genuine love:

1. You may have to hurt in order to heal.

2. Don't tell people what they want to hear but what they need to hear.