



Putting God's Word to Work

Helping People
Grow and Change
for God's Glory

Schedule for *Putting God's Word to Work*

March 6	Ch. 1-2	Restored to What? Philippians 4:13
March 13	Ch. 1-2	Change: The World vs. the Word 2 Corinthians 5:9 / Basics for Pressured Believers
March 20	Ch. 3-4	What is Biblical Counseling? 2 Timothy 3:16-17 / Getting to the Heart of Worry
March 27	Ch. 5-6	The Process of Restoring Romans 8:28 / How to be Free from Bitterness
April 3	Ch. 7	Twenty-Five Helpful Reminders, Pt. 1 1 Thessalonians 5:18 / Handling Your Past Biblically
April 10	Ch. 7	Twenty-Five Helpful Reminders, Pt. 2 Ephesians 4:29 / Grumbling: A Look at a "Little" Sin
April 17	Ch. 8	Godliness Through Discipline Luke 9:23 / Self-Control: The Battle Against One More
April 24	Ch. 9-10	Discovering Life Problems Ephesians 4:31-32 / Hope for those Who Struggle with Depression
May 1	Ch. 10	Applying What We've Learned James 1:25 / The Heart is the Target
May 8	Ch. 11	Key Factors in Biblical Problem-Solving 1 Corinthians 10:13 / Addictions: New Way of Seeing, Walking Free
May 15	Ch. 12-13	Implementing Biblical Truth into Life Romans 12:17-18 / When Grief Enters Your Door
May 22	Ch. 14	Using Life-Changing Projects Philippians 2:3-5 / Christian Communication
May 29	Ch. 15-16	Common Problems and Biblical Solutions You're Divorced. Now What?

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Reading Projects

Basics for Pressured Believers	Jim Berg
Getting to the Heart of Your Worry	Robert Jones
How to Be Free From Bitterness	Jim Wilson
Grumbling - A Look at a "Little" Sin	Paul Tripp
Self-Control - the Battle Against One More	Ed Welch
Hope for those Who Struggle With Depression	Ed Welch
The Heart is the Target	Paul Tripp
Addictions: New Ways of Seeing, New Ways of Walking Free	Ed Welch
When Grief Enters Your Door	Paul Tripp
Christian Communication	Jeffrey Forrey
You're Divorced. Now What?	Amy K. Baker

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March 6, 2016

Session #1 - "Restored to What?" (R. R., chs. 1 & 2)

Expectations for this thirteen week study:

1. Time: Sunday mornings, 9:00-9:50.
2. Book: *Ready to Restore* by Jay Adams. (\$10, Amazon Prime)
3. Read the chapter(s) for the morning's discussion.
4. Memorize a series of helpful, practical verses.
5. Voluntary "read 'n report" projects (in five minutes, how was the article helpful).
6. Time for questions each session.
7. The major goals for this study:
 - To deepen our commitment to the sufficiency of God's truth for all of life.
 - To become more effective in applying God's truth to common life problems, both in our own and others' lives.
 - To become aware of biblical resources available for helping others grow and change.

Memory verse: Philippians 4:13

Project for next week: Basics for Pressured Believers _____

I. WHO SHOULD BE INVOLVED IN HELPING ONE ANOTHER GROW AND CHANGE?

Cain: "Am I my brother's keeper?" (Gen. 4:9)

Good Samaritan - Love and responsibility to meet the needs of others in a caring way.

Galatians 6:1 - Restore - "katartidzete" - to mend holes in nets; to mend broken bones.

Romans 15:14 -

Colossians 3:16 -

Responsibilities of one another and elders - Heb. 13:17

II. WHY IS BIBLICAL RESTORING NECESSARY?

Genesis 1 & 2

Man was created to need God's counsel (Gen. 2). Life without God's Word is absurd and meaningless. Man is dependent on God to interpret life in all its dimensions and relationships.

Genesis 3:1-5

Satan - Become autonomous; be your own god. Today the norm!

Adam and Eve - Focus on what we don't have. God isn't good. God is holding you back.

Genesis 3:6-13 Immediately problems in three areas: 1) With God 2) With self 3) With others. We now live in a Genesis 3 world.

Four wrong ways sinners handle their sin: They run, hide, cover, and blame!

Cain - Sin led to spiritual death, which led to physical death! Love quickly turned to selfishness and murder - Cain murders Abel. 1 John 3:11-12

Genesis 3 tells us why restoring is necessary! All life problems go back ultimately to the garden, although all problems are not necessarily the result of a specific sin.

III. WHERE ARE WE TODAY? - 2 Timothy 3:1-7

Difficult times - *karoī kalepoi* - Treacherous, violent, fierce

Three wrong loves:

- Lovers of self - Goal is getting, do my own thing, throw off restraints
- Lovers of money - status seeking, don't have on inside, put on outside
- Lovers of pleasure - seek thrills, chills, exhaust one, go after bigger one.

Romans 1:26-27. Movies, MTV, Videos - bizarre, grotesque, perverted, twisted!
Sin always has its consequences! We reap what we sow.

2 Tim. 3:5 - Religious, but God bears no weight. Want to feel God rather than obey God!
Great need: The fear of God! God is watching; we will give account.

God's answer - 2 Timothy 3:14-17

God did not send His church out ill-equipped. God doesn't need His enemies to tell His people how to live. God has given us His answers in His book!

- All we need to believe
- All we need for the Holy Spirit to convict us of wrong
- All we need to correct us
- All we need to train us to be all God wants us to be.

IV. GOALS, ATTITUDES, AND DANGERS IN RESTORING ONE ANOTHER

The ultimate goal is always to glorify God, or to please God - 2 Cor. 5:9

Not techniques or pragmatic methods just to help people cope, feel better, or improve their lives, but helping one another handle life God's way for His glory!

The personal goal is always restoring one another to usefulness in serving Christ!

Three key attitudes for restoring one another (Gal. 6:1):

1. A learner's spirit - You who are spiritual - growing and applying God's Word
2. A gentle spirit - In a spirit of gentleness - I, too, am a sinner.
Prov. 15:1 A soft answer turns away wrath!
3. A careful spirit - looking to yourself, lest you too be tempted.

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March 13, 2016

Session #2 - "Change: The World vs. the Word" (R. R. ch. 1-2)

Memory verse: 2 Corinthians 5:9

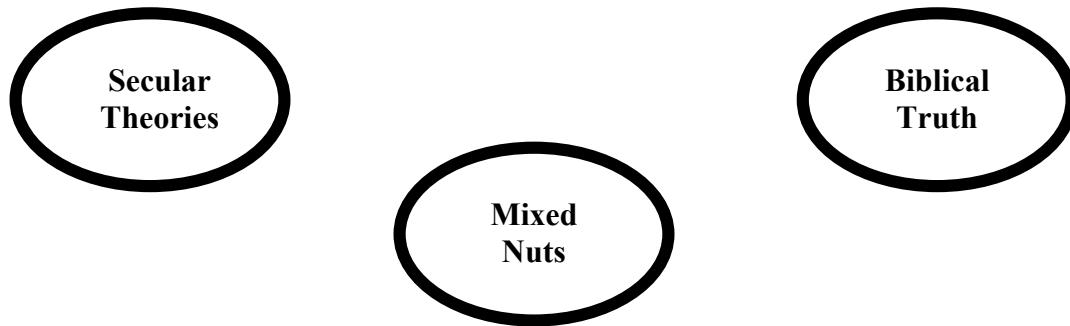
Project for next week: Getting to the Heart of Worry _____

Project for this week: Basics for Pressured Believers _____

THE WILD KINGDOM - Counseling, Therapy, and Recovery! People have problems...where do they get answers?

Garden---Enlightenment---Evolution---Psychology---Therapy (big business):

WILD IN THE CHURCH, TOO:



Wait a minute: What about 2 Peter 1:3? 2 Tim. 3:16-17? What about Christ? Paul?

“I have spent my life trying to help people, and I have never encountered a case in which an application of scriptural principles was not relevant, sufficient, and superior to anything the world had to offer.”

Wayne Mack

The Medical Model vs. the Biblical Model:

If you can catch it, see it under a microscope, or operate on it, it's a medical issue. If you do it, learn it, or can control it, it's a heart and behavioral problem. Body-soul issues (e.g., hormones, chemicals) still call for biblical responses.

Labels and terminology shifts...

- From sin to disease or sickness
- From lusts to addictions
- From sinful ways of living to dysfunctional
- From sanctification to self-actualization
- From repentance to recovery
- From sinful habits to deficits, disorders, and syndromes

Common denominators of the world's systems:

- No fear of God before their eyes
- Wrong view of man
- Guilt is not real - seen as the problem
- Someone else made me this way - victim mentality

CHRIST VERSUS THE WORLD:

Representative:	Method	View of man	Problem	Solution
Freud - spade	Psycho-Therapy	Instinctual animal	False guilt	Blame & ease guilt
Skinner - dog biscuit	Behaviorism	Conditioned animal	Wrongly programmed	Positive Reinforcement
Rogers - mirror	Reflective	Human potential	Failed to realize potential	Resources within
OTHER: Recovery Industry -- Disease Model -- Mental Illness -- Drug Therapy -- Dysfunctional relationships -- Codependency -- Victimization -- Hierarchy of needs -- Innocent inner child -- Genetic -- biopsychology -- the constant search				
Jesus - Cross Christ	Biblical (nouthetic) counsel	Image of God	Fallen sinner	Regeneration Progressive Sanctification Change by Spirit and Word

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March 20, 2016

Session #3 - "What is Biblical Counseling?" (R. R. ch. 3-4)

Memory verse: 2 Timothy 3:16-17

Project for next week: How to be Free from Bitterness _____

Project this week: Getting to the Heart of Worry _____

WHAT IS NOUTHETIC (BIBLICAL) MINISTRY TO ONE ANOTHER?

Nouthesia: "nous" - mind, "tithemi" - to place Thus: "to place in the mind"

References: Acts 20:31; Col. 1:28; 1 Thess. 5:14; Col. 3:1`6; 2 Thess. 3:15; 1 Cor. 10:11; Eph. 6:4; Rom. 15:14

A family concept - gently, lovingly confronting a brother or sister to help them change!

Three Elements Involved In "Nouthesia" or "Admonishing":

1. **CHANGE** - There is a problem, determined by the Bible, that God wants changed.
2. **COUNSELING** - Verbally bringing God's Word to bear on that problem with the goal of helping that person to change and grow.
3. **CONCERN** - The purpose is always for God's honor and out of love and care for the individual.

THE AUTHORITY BEHIND ALL OUR RESTORING/DISCIPLING MINISTRY:

2 Timothy 3:16-17 All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.

John 17:17 Sanctify them by the truth; your word is truth.

BASIC CONVICTION: Jesus didn't need 20th century theories, Paul didn't need them. Every believer in Christ has all the resources he needs to handle life in a way that pleases God!

LEADING PRINCIPLES FOR BIBLICAL PROBLEM-SOLVING

1. Be God/Christ-oriented.
2. Take guilt seriously.
3. Don't minimize sin.
4. Remember the "idols of the heart"
5. Give hope.

Summary of 1 Corinthians 10:13

- 1) Your problem is not unique.
 - 2) God is involved in your problem.
 - 3) God has an answer for your problem.
6. Emphasize responsibility.
"I can't" - God says you can - Phil. 4:13
"That's just the way I am" - True, but God says you can be different - 2 Cor. 5:17
"You can't teach an old dog new tricks!" - True, but you're not a dog!
7. Change can begin now
8. Christ, His Word, and His Spirit are sufficient.

QUALITIES OF A BIBLICAL RESTORER/DISCIPLER

Romans 15:14 - "Competent to Counsel"

1. Goodness - outgoing love that is willing to be involved with others.
1. Knowledge - growing in an understanding of Scripture, truth about God, man, sin, God's provisions and resources.

Colossians 3:16

3. Wisdom - ability to apply God's Word to life situations in a practical way. Turning the "what" of Scripture into the "how" of application. Christ: Adultery - don't look, rip out eye!

BIBLICAL GOALS IN SOLVING PROBLEMS BIBLICALLY

Wrong goals:

- "I want to feel better"
- "I want God to change my husband"
- "Isn't God big enough to make my wife come back?"
- "I'll do anything to get her back!"

Right goals:

- James 1:2-8 - Seeing God behind the trial helping us grow. Double-minded man just wants the heat off.
- 2 Cor. 5:9 - No matter what happens, our goal is to please God! ("Philotimao" - to love the honor or worthiness of). Key verse to memorize.

Let's apply the Word:

- "I worry all the time, about my job, my children, my future, disease.... What can I do?"
- Teaching?
 - Reproof?
 - Correction?
 - Training?

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March 27, 2016

Session #4 - "The Process of Restoring" (R. R. ch. 5-6)

Memory verse: Romans 8:28

Project for next week: Grumbling: A Look at a "Little" Sin _____

Project for this week: How to be Free from Bitterness _____

WHAT ABOUT UNBELIEVERS? (Chapter 5)

A problem of the heart - Matt. 15:19-20

The biblical concept of the heart - the inner life one lives before God and himself.

Trying to help unbelievers solve their immediate problems can result in:

1. Hypocrisy
2. False assurance
3. Misrepresenting God's will - John 6:40.
4. Legalism – making changes to earn merit with God.

"Pre-counseling" means presenting the unbeliever with the gospel of Christ both for eternal life and as the door to solutions to their immediate problems

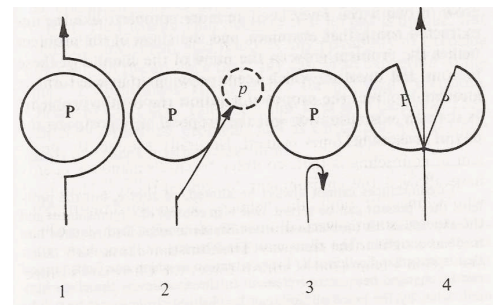
How do you determine who is an unbeliever?

1. We can never make a final judgment.
2. We make functional judgments, based on attitudes/behavior - Matt. 18:17.
3. If a person claims to be a Christian but refuses to submit to Christ and refuses to come under the oversight of a local church - he is acting like an unbeliever. 1 Cor. 5:11

THE RESTORING PROCESS

Four ways to deal with problems:

- 1) Around it - "It doesn't matter."
- 2) Turn aside - "I'm dealing with it!"
- 3) Turn back - "I give up."
- 4) Go through - "It can be solved through Christ!"



Generate Hope:

Biblical hope is more than an optimistic feeling that everything will turn out OK.

Biblical hope is confident expectation based on God's unfailing promises!

Romans 15:13 - The God who gives hope! Why?

Romans 15:4 - The Scriptures give us hope! How?

Romans 8:28 – God's purpose gives hope! Why?

Answers of hope for the language of despair:

1. "I've done everything I could."
2. "I tried that. It didn't work." long?
3. "I did my best."

Everything? Did you...

What did you do? Often? How

Exactly what did you do?

- | | |
|--|---------------------------------------|
| 4. "No one believes me." | No one? Think of one person? |
| 5. "But I prayed about it and nothing happened." | Good. What else did you do? |
| 6. I'm just one of those people who..." | But Christ says you can be different. |
| 7. "It'll never work." | But God says it will. |
| 8. "He / She will never change!" | But God says you can change. |
| 9. "Everything / Everyone is against me." | Wrong! God is for you - Rom. 8:31 |
| 10. "I could never forgive her for that!" | If you are saved you can, must! |

Gathering Facts:

God focused on facts in Genesis 3:13 - "What is this you have done?"

Careful listening - don't draw hasty conclusions: Prov. 18:13, 15, 17.

From "fuzzies" to facts, feelings to thoughts, words, deeds.

Alert to unbiblical thinking: exaggerations, focus on feelings, blameshifting, victim mentality (remember the Genesis 3 reactions).

Discovering Life Patterns:

- 1) How I feel - "I feel depressed, angry, resentful..."
- 2) What I'm thinking - "I don't like my job, wife, body, health, schedule..."
- 3) What I did - "I quit cleaning up the house, told her off, rented X-rated video..."
- 4) What I've been doing (habit) - "I've quit 4 other jobs, lied my way out of trouble..."
- 5) What I want most (heart idolatry) - "I live for other people's approval..."

Homework:

- Talk alone doesn't solve problems.
- Concrete vs. vague - Not just "try to be a better person this week" but actually do something:
- Practical ways to apply Scripture - How will you control your temper with your child?
- Appropriate, geared to the need.
- Accountable - Check up later to see if it was done.

Examples: Seek forgiveness from the person offended, read a passage in Bible every day, get rid of all porn. mags, read a booklet and summarize each chapter, lists, daily journal of times you get angry each day, daily devotions, 3 loving deeds, etc.

- We must obey God's word *whether we feel like it or not!* - John 13:17 / James 1:25
- Gaining Commitment - "Will you do it? Let's ask God for help." From Jay's *Creativity*: Do you understand? Agree? Want to change? Willing to work at it?

Putting God's Word to Work

April 3, 2016

Session #5 - "Twenty-five Helpful Reminders – Pt. 1" (R. R, ch. 7)

Memory verse: 1 Thessalonians 5:18

Project for next week: "A Look at a "Little" Sin _____

HANDLING THE PAST BIBLICALLY (See Steve Viars article)

The Bible calls us to remember certain things from the past and learn valuable lessons for our spiritual growth.

- The guilty past - when we have sinned against God and/or other people.
- The innocent past - when we are sinned against or suffer in a fallen world.

Two-fold handling of the past:

- Benefit from aspects of the past God can use to help you grow spiritually.
- Deal with those aspects of your past that hinder your growth in God's grace.

THE PAST

Guilty or innocent

THE PRESENT

Consequences of how we handled issues.

THE FUTURE

Hope, change seeing God in the trials.

HANDLING YOUR PAST BIBLICALLY

by Steve Viars

The subject of the past is a hot topic today. Believers and unbelievers alike are talking about the hurts of the past, abuses of the past, and the damaged memories of the past. Pastors, psychologists, talk show hosts, and even movie stars seem to be fixed on helping themselves and others deal with this area of life.

Of course many involved in the discussion have gone to sources other than the sufficient Word of God for answers in this area of the inner man, and have heaped confusion on the people of Christ's church. This article will attempt to present brief Biblical answers to four important questions concerning the past.

Does my past affect my present and my future?

While the world is wrong in saying that "the past is everything," the church dare not take the position that "the past is nothing." The Word of God has clearly revealed to us that a person's past can profoundly affect his present and future. The Bible does this in at least three ways.

First, the Bible talks about this issue through direct statements. Gal 6:7 says, "Do not be deceived, God is not mocked; for whatever a man sows, this he will also reap."

Second, God's Word reveals that one's past can affect his future through clear principles. The book of Proverbs, for example, repeatedly argues that if a person does "this" now (in

the present--which will become his past), “this” will happen in the future. “For on account of a harlot one is reduced to a loaf of bread” (Prov. 6:26).

Last, the Bible addresses the past through narratives. The many narratives in the Scripture allow us to take a “bird’s eye view” over a person’s entire life to see how choices and actions in the past affect the future.

Thus the Word of God definitely teaches that a person’s past affects his present and future. We may not draw the same conclusions about the past that our world does, nor should we ignore the importance of this area of life and the implications it has to sanctification.

Would I be better off without a past?

Typically, when the subject of the past is raised, it is done so in a negative fashion. The past is presented as something that is troubled, hurt, damaged, or bruised. It’s almost as if God has been cruel to us by giving us the capacity to remember. To hear some tell it, the ideal solution would be a giant machine believers could walk through which would completely erase the memory. The past is viewed as a heavy burden, a vicious enemy, and a wicked taskmaster.

The Bible’s view is quite different. Our memories are a gift from our Creator. The Lord specifically made His children with the capacity to remember, and our past can be of great benefit to us spiritually. Here are some of the ways this is true:

1) Helps us face challenges with strength and confidence

“The Lord who delivered me from the paw of the lion and from the paw of the bear, He will deliver me from the hand of this Philistine” (I Sam. 17:37).

2) Helps us to handle trial

“Shall we indeed accept good from God and not accept adversity” (Job 2:10).

3) Helps us repent

“Remember therefore from where you have fallen, and repent” (Rev. 2:5).

4) Keeps us humble

“Remember, do not forget how you provoked the Lord your God to wrath in the wilderness” (Deut. 9:7).

5) Helps us forgive

“You wicked slave, I forgave you all that debt because you entreated me. Should you not also have had mercy on your fellow slave, even as I had mercy on you?” (Matt. 18:32-33).

The point is that while our world often discusses the past from a negative perspective, the Scripture speaks of many ways in which the past can be a great aid to the growth process God is working in us.

Should I view my past as “one big lump”?

While a person’s past can be very beneficial to the sanctification process, it can also be very detrimental if it is not handled Biblically. Much of the confusion stems from failing to break this subject down into biblical categories. When it comes to the matter of the past, one of the fundamental questions must be “Are you speaking about your guilty past or your innocent past?” The Bible has answers for each category, but applying one set of answers to the opposite category can be very misleading.

The Guilty Past

This refers to that part of our past in which we sinned against God or another person. The fundamental question to be asked is “Has it been confessed?” If the answer is “No,” the believer must do the following:

- a) Confess the sin to God (I Jn. 1:9).
- b) Ask forgiveness of the appropriate people (Matt. 5:24).
- c) Make restitution if necessary (Luke 19:1-9).

The reason many believers are “haunted” by the past is that they have not dealt with their guilt. Even in situations where the other person also sinned (or perhaps even sinned first), the believer must deal with his guilt in the matter.

If the sin in the past has been confessed, then the believer now has certain responsibilities:

- a) Rejoice in God’s forgiveness (Ps. 40:1-3).
- b) Go to theology class; use this situation as an opportunity to grow in your understanding of the character of God.
- c) Move on— instead of wallowing in your sin (Phil. 3:13, Ps. 103:12).

The Innocent Past

This refers to situations in our past in which we were directly sinned against, or we suffered as a result of living in a sinful world. The clarifying question here is “Was another person directly involved?” The answer provides guidance for which Biblical principles need to be applied next. If the answer is “Yes,” then the believer must consider several additional questions:

- 1. Is my memory perfect?
- 2. Was I really innocent?
- 3. Did I respond properly?
- 4. Should I confront the person? If yes, have I followed through with it?
- 5. If the person repented, have I forgiven him?

If another person was not involved, or if the steps above have been completed, the Lord can still use innocent past situations as great opportunities to grow. Some questions the believer should now consider include these:

- 1. What other servants of God have faced tough times and handled them?
- 2. How can I use this trial as an opportunity to become more like Christ?
- 3. What can this event teach me about the authority of God in my life?

The point is that the Bible is filled with truth on the subject of the past, but it is imperative that we separate our past into Biblical categories before seeking to apply the truth.

How should I relate my past?

This article has argued that a person's past can be either a help or a hindrance. The key to handling the past Biblically is twofold. First, the believer must seek to derive maximum benefit from that part of the past which God can use to help him grow. This would include lessons learned about God, self, and others from both the guilty and innocent past, along with the list of values given on page [six]. The believer dare not ignore this important aid to sanctification given by God. On the other hand, he must do everything possible to sever all ties to the past that will hinder sanctification. This would include unconfessed sin, failure to make restitution, bitterness, and failure to learn lessons from either the guilty or innocent past.

—Pastor Steve Viars,
Faith Baptist Church, Lafayette, IN

REMINDERS IN HELPING ONE ANOTHER HANDLE PROBLEMS BIBLICALLY

1. Is there a legitimate medical problem? Mark 2:17
2. Is there genuine repentance? 2 Cor. 7:9-11
3. Is the goal/priority right? 2 Cor. 5:9
4. Genuine repentance leads to practical change (homework). Rev. 2:5
5. Is there important information still unrevealed? Prov. 28:13
6. Change takes place in concrete ways. Luke 3:10-11
7. Solve problems in proper sequence. Matt. 5:23-24
8. Deal with both relationships and issues. Prov. 5:8,18
9. Never minimize sin. James 2:10
10. Biblical love often means sympathetic disagreement. 2 Cor. 7:8
11. Sympathize with suffering, not with self-pity. Job suffered; Cain pitied self.
12. Stay solution-oriented, not problem-oriented. Luke 17:3

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April 10, 2016

Session #6 - "Twenty-five Helpful Reminders – Pt. 2" (R. R, ch. 7)

Memory verse: Ephesians 4:29

Project for next week: Self Control: The Battle Against “One More” _____

Project for this week: Grumbling: A Look at a “Little Sin” _____

13. Be alert to unbiblical attitudes and mind-sets. 1 Cor. 13:7
14. Look for new developments.. 1 Thess. 3:5-8
15. Remember church discipline. Matt. 18:15-17
16. Your own life has a powerful influence on others. Phil. 4:9
17. Is there doctrinal error? 2 Tim. 2:16-18
18. Are drugs involved? Eph. 5:18
19. Getting enough sleep? 3 John 2
20. Change is a two-factored process. Eph. 4 / Col. 3
21. Is your approach Christ-like? 2 Tim. 2:24-25
22. Call sin "sin". 1 John 1:8-10
23. Stress obedience to God, regardless of feeling. James 1:25
24. Sin #1 does not excuse sin #2. Rom. 12:17-18
25. Use other believers and their areas of strength to help. 1 Cor. 12:25
26. Can't change others, but you can change. Rom. 12:18
27. Log vs. speck principle? Matt. 7:3-5
28. Idols of the heart? Matt. 15:19-20



Project for change: List 10 specific things you appreciate about your partner.

"Lots of Problems" (from *The Christian Counselor's Casebook*)

"Like you said at the beginning, after hearing all of these problems I can see that this is a very complicated situation," says the counselor during his first session with Vic and Marie.

"Right! Putting together two messed up lives like ours, plus the five children from previous marriages, makes for a wild household," says the gloomy 45-year-old husband.

"Yes, I can see why you get frustrated. Now, before you go there's just one more thing I need to know. You mentioned that Paul (your 17-year-old son) and Bill (Marie's 16-year-old) fight constantly, and that you find it difficult to discipline them about it. I suppose that this is one of the biggest sources of irritation in the family. What kinds of things do they fight about?"

"Well, they fight about almost everything," Vic responds quickly. "Who's better in football, who's better in school, who gets away with the most around the house. You know, things like that, *all* the time!"

"There's probably a lot of competitiveness due to their close ages, wouldn't you say?"

"Yes, I'm sure of that."

"O.K., we'll keep that in mind. Well, I think we are starting to get a much better picture now than what we had an hour ago. I hope that this has helped you to understand what the situation is. We'll see you next week at the same time."

1. How has this counselor missed the boat?
2. What did Vic and Marie need in this first session that he failed to give them?
3. How might he have done so without neglecting the concerns that he had?

Homework:

Putting God's Word to Work

April 17, 2016

Session #7 - "Godliness Through Discipline" (R. R. ch. 8)

Memory verse: Luke 9:23

Project for next week: Hope for Those Who Struggle with Depression _____

Project for this week: Self-Control: The Battle Against One More

SEVEN INSIGHTS INTO WHY BELIEVERS FAIL TO CHANGE AND GROW:

(from *Insight and Creativity in Christian Counseling*, pp. 20-25)

1. Lack of discipline - 1 Tim. 4:7-8
2. Lack of creativity in applying biblical principles to life - James 1:22
3. Lack of commitment to change - Luke 9:23
 - 1) Do you understand what God wants?
 - 2) Do you agree that change is right?
 - 3) Do you want to change?
 - 4) Will you, in God's strength, begin working at it?
4. Lack of endurance - settling for too little too soon. James 1:2-4 "hupomeno"
5. Lack of accepting personal responsibility - blaming others for my wrong behavior – Romans 12:18 – “as far as it depends on you...”
6. Lack of biblical objectives - Your objective must be to please God, regardless of what happens. 2 Cor. 5:9.
7. Lack of Scripture-oriented living - following feelings rather than what God says. John 14:15

GODLINESS THROUGH DISCIPLINE - 1 Timothy 4:7

1. The goal of biblical change is godliness:

- | | |
|---------------|--------------|
| 1 Tim 2:2 - | 2 Tim 3:5 - |
| 1 Tim 2:10 - | Titus 1:1 - |
| 1 Tim 3:16 - | 2 Pet 1:3 - |
| 1 Tim 4:7 - | 2 Pet 1:6 - |
| 1 Tim 4:8 - | 2 Pet 1:7 - |
| 1 Tim 6:3 - | 2 Pet 3:11 - |
| 1 Tim 6:5,6 - | |
| 1 Tim 6:11 - | |

Godliness is _____ - Progressive Sanctification.

2. Godliness requires discipline/structure. 1 Tim. 4:7
3. Discipline involves developing daily habits. Luke 9:23
4. Habits are developed by practice/training. Hebrews 5:13ff/2 Tim. 3:16
5. Training requires effort and endurance. 2 Pet. 1:5; Heb. 10:36; 12:1
Endurance means--
 - you don't quit when you fail and
 - you obey even when you don't feel like it.
6. Endurance is made possible by God's grace within - Phil. 2:12-13

Typical areas needing discipline:**Structure needed for godly change:**

"I just don't know where all the money goes!"

"All I do is watch TV every night."

"My house is a mess!"

Project for change: Ask your partner to list 10 specific things he/she appreciates about you.

"She simply had been waiting" (From *The Christian Counselor's Casebook*)

Eight days after Christmas Phyllis announced to Frank, "I'm leaving you; I waited to tell you so that I wouldn't spoil your holiday." The announcement struck him like lightning out of the blue. Until that very moment he had thought that they had an ideal marriage. He thought--"They rarely argued; he was easy going and asked little more of her than to make the meals, wash the clothes, and keep house. He didn't run around--every night in the week you could find him at home domestically reading the newspaper or watching TV. They were both Christians; went to church regularly. He loved her deeply, they had raised three children successfully (after all, Franklin Jr. had just left home for his second semester at Christian University, and Betty and Joan were already married to Christian husbands and had begun to raise their families). What could have gotten into Phyllis?" he asked himself in startled disbelief. But Phyllis wouldn't talk about it, and said that she wouldn't go with him for help. Now, here he sits alone in your study pleading: "Pastor, help me; I don't want to lose Phyllis. I love her! What happened? Where did things go wrong?"

1. What do you think may be behind Phyllis' decision?
2. How firm do you think her decision is?
3. What must you do--immediately? Ultimately?
4. Against what dangers must you guard?

Homework:

Putting God's Word to Work

April 24, 2016

Session #8 - "Discovering Life Problems" (R. R. ch. 9)

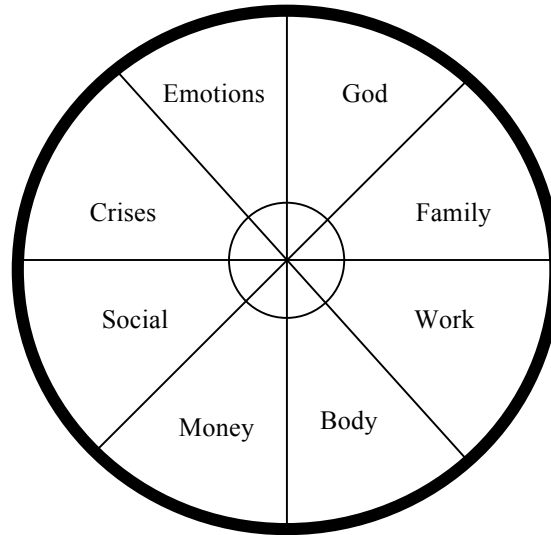
Memory Verses: Ephesians 4:31-32

Project for next week: The Heart is the Target (ch. 4, Instruments) _____

Project for this week: Hope for those Who Struggle With Depression

DISCOVERING PROBLEMS THROUGH THE EXTENSIVE APPROACH:

The Pie of Life --



Categories of people:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

The problem of discombobulated priorities:

Matt. 6:33 - Your relationship with God -

God's kind of Person

Eccl. 9:9 - Your relationship with your spouse -

God's kind of Partner

Dt. 6:7 - Your relationship with your children -

God's kind of Parent

Heb. 10:24 - Your relationship with your church -

God's kind of Proclaimer

Ps. 104:23 - Your relationship with your work -

God's kind of Provider

Mk. 6:31 - Your relationship with leisure time -

God's kind of Player

What happens when these get out of proper balance?

DISCOVERING PROBLEMS THROUGH THE INTENSIVE APPROACH

- Weekly record keeping of everything that happened that resulted in _____.
What life problems would record keeping help reveal and lead to biblical solutions?
- Questions that probe for particular instances and patterns of life that have resulted in the specific problem:
 1. What?
 2. How?
 3. What for?
 4. How often?
 5. When?

Other questions to discover needs: "Can you tell me more about that?" "How often over the last month did this happen?" "What were you wanting / not wanting when you did this?"

Be alert to non-verbal "halo data" - for example:

- Listening with the goal of understanding and giving biblical answers:
Proverbs 18:13 - God says we must listen for the facts.
Proverbs 18:15 - God says we must listen actively for the facts.
Proverbs 18:17 - God says we must listen for all the facts.

Project for change: Choose an area of your life that you know needs to be changed and track it this week on a daily chart. Jot down what happened, how you responded, what you wanted or didn't want when you responded, how God would want you to respond.

Putting God's Word to Work

May 1, 2016

Session #9 - "Applying What We've Learned" (R. R. ch. 10)

Memory Verse: James 1:25

Project for next week: Addictions: New Ways of Seeing...Walking Free _____

Project for this week: The Heart is the Target

"MY LIFE IS A BIG FAT ZERO" (ch. 10)

What words do you hear her repeating as she describes her problem and tries to interpret what she really needs?

Why is it important to use biblical terms when talking about people's problems?

HOW WILL YOU HELP MIDGE TO SEE HER PROBLEM DIFFERENTLY?

1. Take her seriously -
2. Where the bad feelings come from -
3. Help her to evaluate her judgment about herself -

No, she is not inadequate

Yes, she is inadequate

4. Bring her to see other areas of sinful, unbiblical ways of thinking and speaking:
5. Another area that might be a problem in Midge's life:

THE SELF, THE WORLD, AND THE WORD:

WORLD	BIBLE
Find yourself	Needs: 1 Tim. 6:8; Mat. 6:33
Save yourself	Luke 10:42
Fulfill yourself	
Satisfy yourself	
Feel good about yourself	
Esteem yourself	Self: Matt. 16:24-26; Luke 14:26;
Love yourself	Gal. 6:3; Acts 20:24; Rom. 12:3
Be treated well by others	
"Needs" to be loved, wanted, treated well	Focus: Phil. 3:7-8; 2 Cor. 4:7-10;
Be your own person	Col. 3:2; Heb. 12:2,3; Phil. 4:4
Accept yourself the way you are	
You owe it to yourself	
Bad behavior from mistreatment as a child.	Others: Phil. 2:3-5; 1 Pet. 2:20-23

"The Job Hunter" (from *The Christian Counselor's Casebook*)

"We owe everyone in town, and if Warren doesn't soon get a good job and keep it we may be tarred and feathered and run out of town!" That was the icing that Florence put on the cake. Warren, quite honestly, had detailed a thirteen-year history of failure to make good at supporting his family of three (they had two children--Sally and Rose). Time and again they had been bailed out of financial ruin by Florence's father, but the last time he had put his foot down. "Never again!" he roared. "If you don't make it this time, you can sink!" That was six months ago. At the time everything had looked rosy. Both had become Christians; for a while Warren's new job as head of the shipping department in a large printing firm looked secure, he enjoyed it, and he seemed well suited for the work. But gradually the old problem had returned. Disagreements, complaints, anger, and resentment toward his employer and fellow workers grew until two days ago in a fiery exchange with the plant manager he stormed out of the place and quit. It was then that Florence had insisted upon coming to you for help.

Problems:

1. What problems are apparent?
2. What other problems might possibly be present?
3. Would it be of importance to explore the content of the argument? Why?
4. What patterns may exist?

HOMEWORK:

Putting God's Word to Work**May 8, 2016**

Session #10 - "Key Factors in Biblical Problem-Solving" (R. R. ch. 11)

Memory Verse: 1 Corinthians 10:13

Project for next week: When Grief Enters Your Door _____

Project for this week: Addictions: New Ways of Seeing...Walking Free

1 Corinthians 10:13		
God's Promise	Satan's Lies List lies you may have believed about your problem:	God's Answer List practical applications from each part of the verse as it applies to your life:
No temptation has seized you except what is common to man.	"My problems are unique, different than other peoples. No one understands me."	
And God is faithful;	"God really doesn't care about me and my needs. God isn't involved in my problem."	
He will not let you be tempted beyond what you can bear	"Your problems are more than you can bear."	
But when you are tempted, He will also provide a way out so that you can stand up under it.	"Things will never change. There really is no hope."	

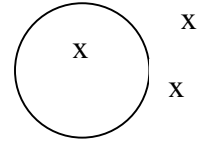
KEY FACTORS LEADING TO CHRISTLIKE CHANGE:**CONFESSION:** (homologeo) means to agree with God about one's sin.

Proverbs 28:13

The problem of covering - leads ultimately to trouble - Achan!

The dual steps in confessing - agreeing I was wrong and forsaking it

Confession must be made to God and whoever is in the circle of offense.



Two directions of offenses –

- Matt. 5:23-24 - You offended him
- Matt. 18:15 - He offended you.

Why apologizing isn't enough -

FORGIVENESS:

Forgiveness is a promise - (Heb. 10:17-18)

1. I won't bring it up to you.
2. I won't bring it up to others.
3. I won't bring it up to myself (dwell on it - root of bitterness and resentment).

Forgiveness must lead to reconciliation and a new relationship:

REPLACE: Put off / Put on dynamic (Col. 3/Eph. 4)

RADICAL AMPUTATION: Matthew 5:27-30

Radical means going to the root of the sin, pulling the weed out, root and all.

Practical applications of this text:

1. There will be temptations to repeat the sin - habit is strong
2. Be prepared to meet and defeat these temptations
3. Victory may be costly, even painful
4. Make it difficult to sin in the future. Structure life to prevent recurrence.

KEY SCRIPTURAL PASSAGES:

Facing temptation -	James 1 / I Cor. 10:13
Bitterness -	Eph. 4 / Heb. 12 / Col. 3:12
Husband/wife -	Eph. 5 / 1 Pet. 3
Handling Trials -	James 1 / Rom. 5
Work ethic/Laziness -	Col. 3 / Eph. 6 / 2 Thess 3
Parenting -	Eph. 6 / Provs. / Deut. 6
Biblical Love -	1 Cor. 13
Decision-making	James 4 / Prov. 3:5-6
Overcoming evil -	Rom. 12
Worry/anxiety -	Phil. 4 / Ps. 37 / Matt. 6
Finances -	1 Tim. 6 / Luke 16 / Provs.
Marriage/divorce -	Matt. 5:19 / 1 Cor. 7
Anger -	James 1 / Eph. 4 / Matt. 5
Selfishness -	Phil. 2 / James 4
Guilt -	1 John 1 / Prov. 28 / Ps. 32 / Ps. 51
Homosexuality -	Leviticus 20 / Romans 1 / 1 Corinthians 6 / 1 Timothy 1

"Get Me Out of This Mess" (from *The Christian Counselor's Casebook*)

Jane, 22 years old, attends your church twice. On her second visit at services you begin to ask where she is from, what she is doing, etc. She immediately requests an appointment to "talk about the mess that I am in."

At her first session she says that she recently became a Christian and is concerned about her life. Before this she was divorced from a teenage marriage which produced two children. She has custody of the children and the father doesn't care about them at all. She is now pregnant as the result of an affair with Mark, a friend of her brother. Mark is two years younger than she. She doesn't believe that he is a Christian, yet he talks about God. She has a good relations with his parents, but her relation with the boy has worn thin. She sobs, "What shall I do?"

She's afraid of marriage, yet she wants to marry. She says, "I think that I love Mark, but I am not so sure that I respect him. Please, can you get me out of this mess?"

1. What would you do next?
2. What part could your congregation play in helping out in this situation?
3. How would you advise her to proceed in the relationship with Mark?
4. What would your goals for Joan be?

Homework projects:



Putting God's Word to Work

May 15, 2016

Session #11 - "Implementing Biblical Truth" (R. R. ch. 12-13)

Memory Verses: Romans 12:17-18

Project for next week: Christian Communication _____

Project for this week: When Grief Enters Your Door _____

IMPLEMENTATION: The need for "how-to" in ministering God's Word to one another.

“Why Be Depressed?” How did the pastor fail Jim? (case study, pp. 62-63)

Teaching Jim how to meditate:

1. Distinguish between other kinds of meditation and biblical meditation.

2. Meditation means to ponder, chew on biblical truth in an intensive way.

“Hagah” - moan, growl, utter - used of lion growling over prey - Josh. 1:8 / Ps. 1:2.

“Siach” - muse, consider, eager occupation with something - Ps. 119:23, 97, 148

3. The purpose of meditation is to understand how to relate biblical truth to life.

"How does one meditate? He *thinks* -- during the day, in bed at night and at twilight, during regular times set aside for thought. He takes a relevant portion of the Scriptures and, having studied its grammatical-historical meaning, then begins to ask:

- How does this apply to me?
- How does God want to change my life through this passage?
- What are some concrete things that I must do about it?
- How can I get these things accomplished?

And he does this...*until he produces*. Ideas come, thoughts pour over the rim, plans begin to jell and desire to get on with doing what the Bible requires wells up within."

(adapted from *Ready to Restore*, p. 65, Jay Adams)

Summary: Solving problems biblically means

- 1) identifying the problem from a biblical perspective,
- 2) finding the biblical solution to it,
- 3) thinking carefully and prayerfully about how to implement God's answers to life, and
- 4) developing a plan to actually do it!

Ready to Restore, pp. 66-67 – Bill and Barb's long range goal is to please God by rebuilding their marriage. Short range goals will include:

1. Reconciliation -
2. Bill returns home -
3. Lists of failures and sins - share without comment.
4. Write out problems that arise this week.
5. Commitment and prayer.

"God Is Picking On Me" (from *The Christian Counselor's Casebook*)

It was a major accomplishment to get 25-year-old Andy into your study for counseling. He had already broken two appointments and had finally come only because your secretary had called him on the phone, awakening him twenty minutes before his 11 a.m. appointment.

Once he was sitting in the study, however, he was eager to spell out his story of loneliness, self-pity, and frustration. As he put it, "Everything stems from one problem." By way of simplification he explains: "Pastor, I'm overweight; I haven't been able to get a date for years. I don't have anything to look forward to and I'm ashamed of my past--especially my relation to my parents. I have trouble keeping a job, and I feel like God is picking on me. If He had not made me fat, none of these problems would have arisen!"

You sense a large amount of self-pity and self-righteousness in Andy's words. Some initial probing confirms your suspicions. Andy has come to blame his every failure on his obesity. And even in this matter he seems unwilling to assume any responsibility. He continues: "I've tried dozens of times to lose weight, but I just can't. My doctor says that I have no glandular or hormonal problem, but I'm sure there must be a deep underlying reason why I can't lose weight. Whenever I think that I'm beginning to get somewhere with a girl my weight problem seems to mess it up."

1. What does Andy need to know?
2. What do you think is at the bottom of his weight problem?
3. Would loneliness, self-pity, etc., be more likely to be chicken or egg?
4. How can the counselor fry the egg and bring the process to a halt?

Homework projects:

Putting God's Word to Work

May 22, 2016

Session #12 - "Using Life-Changing Projects" (R. R. ch. 14)

Memory verses: Philippians 2:3-5

Project for next week: You're Divorced. Now What? _____

Project for this week: Christian Communication _____

PROJECTS FOR CHANGE: Helping people change involves practical projects that apply God's Word to life - the work that grows out of faith.

James 1:22, 25 - When is the believer blessed? "*In the doing* of the deed." See diagrams.

1 John 3:18 - What is required to demonstrate biblical love? Not just by talking, but in deed and in truth.

What projects did God give these people to help them change and grow?

Noah -

Gideon -

Disciples -

Abraham -

Elijah -

Peter -

Joshua -

Christ -

VALUE OF PRACTICAL PROJECTS:

1. Assign projects every week - change toward godliness can begin immediately.
2. Projects establish the expectation of change and nurtures hope.
3. Projects show whether a person is serious about pleasing God.
4. Writing down projects keeps the expectation clear.
5. Keeping a project booklet serves as a reminder of the commitment to Christ.
6. Projects keep counseling from bogging down to just talk.
7. Projects help the person depend on God rather than a "therapist" or "expert."
8. Projects serve as a means to determine progress.
9. Completed project assignments provide a reference for future help for oneself or others.

EXAMPLES OF PROJECT ASSIGNMENTS:

Journals	Key Passages	Books	Specific studies	Loving deeds
Schedule special times with partner, children, others				Log lists
Appreciation lists		Priority and goal lists		Gratitude lists
Failure/sin lists		Plans to seek reconciliation		Daily Bible study plans
Service in local church - how? when?			Family conference table -	
Write down steps you will take in disciplining your children				Listen to tapes
Memorize relevant verses		Read pamphlets, booklets - write down 5 helpful thoughts.		

PROJECT RESOURCES:

Wayne Mack's Homework Manual for Biblical Counselors, Vol. 1: Studies and projects dealing with anger, anxiety and worry, blameshifting, communication, data gathering (very helpful), dating, depression, devotions, fear, finances, friendship, guidance, inferiority judgments, interpersonal relationships, life-dominating sins (drunkenness, drug addiction, homosexuality), loneliness, love, overeating, planning and priorities, pride, problem solving, reading assignment and material for homework, self-control, self-love, Christian service involvement, sex problems, sleep, structuring life for change, suffering, tape listening questionnaire, tapes, changing sinful thought patterns, usefulness as a person, vocation and career selection, and work.

Vol. 2: (I) Projects for husbands and/or wives - e.g. communication, companionship record, rate your marriage, sorting out responsibilities. (II) Projects for husbands - e.g. score card for husbands, ways husband may express love to wife, appreciation and annoyance list. (III) Projects for wives - same. (IV) Projects for parents and children: How to avoid provoking children to anger, worksheets for parents and for children, How to raise a child for God, God's way of bringing up children, etc.

Paul Tripp's book Instruments in the Redeemer's Hands, appendix 5.

COMMON PROBLEMS AND BIBLICAL SOLUTIONS - (ch. 15) (Continued next week)

MARRIAGE AND FAMILY – (Five basic commitments file). Problems develop with

- 1) a wrong view of marriage;
- 2) selfish attitudes and practices; and
- 3) failure to know how (and/or unwillingness) to make, implement and keep biblical commitments to God and one's partner.

Along with Jay's list of truths about marriage, Christian partners must understand and apply their biblical roles and responsibilities:

Husband - *Christlike leadership* (Eph. 5:23-33; 1 Pet. 3:7)

1. Learner - 1 Pet. 3:7 - understanding and honoring her.
2. Lover - Eph. 5:25 - denying self, giving, in practical ways.
3. Leader - Mark 10:42-45 - Responsible, accountable servanthood.

Wife - *Christlike submission* (Eph. 5:22-33; 1 Peter 3:1-6)

God's plan for function and order.

Coming under the protection and authority of another - Christ submitted to His Father.

Trusting God to work through her husband with a gentle, quiet, reverent spirit.

A "helper who is fitting" - No one can contribute as she can.

Putting God's Word to Work

May 29, 2016

Session #13 - "Common Problems and Biblical Solutions" (R. R. ch. 15-16)

Memory Verses for the course - review

Project for this week: You're Divorced. Now What? _____

Looking back:

1. What is the command of Galatians 6:1?
2. What 4 things do sinners tend to do about their sin (as in the garden)?
3. The Greek word is translated "admonish?" _____ What does it mean?
4. What are the three elements involved in helping someone based on this Greek word?
C _____, by C _____, out of C _____.
5. 2 Timothy 3:16 assures us that the Bible contains all we need for 4 things:
1. _____ 2. _____ 3. _____ 4. _____
6. 1 Corinthians 10:13 gives hope 3 ways:
1. _____
2. _____
3. _____
7. The goal is seeking solutions to life problems must always be to _____
8. 1 Timothy 4:7 assures us that godliness only grows through _____
9. What is the proper order of priorities in a family man/woman's life?
10. Forgiveness is a promise that I won't bring the matter up to _____,
_____, _____.
11. God doesn't call us to put off a sinful habit without also _____.
12. Where would you go in the Bible for God's direction for:
Facing temptation? _____
Husband/wife relationship? _____
Biblical love? _____
Overcoming evil? _____
Handling finances? _____
Godly thinking? _____
Forgiveness? _____

COMMON PROBLEMS AND BIBLICAL SOLUTIONS:

All problems and solutions must be defined by and derived from the Scripture for counseling to be truly biblical. One's relationship with Christ is always the first problem to be addressed. Then, the goal in all biblical problem solving must not be self-focused (self-fulfillment, etc.) but to please God and minister to others. The Christian life is not always easy or pleasant, but should be joyful. Christ is always our model.

MARRIAGE AND FAMILY (Last week)

GUIDANCE:

- All guidance comes from the Scripture (beware mysticism or reading signs) - 2 Pet. 1:3-4; 2 Tim. 3:16-17
- God promises to guide our steps through our obedience to Him - Prov. 3:5-6

1. Apply all relevant biblical principles to the decision. (Col. 3:17,23)

2. Within the box of legitimate choices, God gives us freedom to choose. "From any tree of the garden you may eat freely, but from the tree of the knowledge of good and evil you shall not eat." (Gen. 2:16-17). Pastor - 1 Tim. 3:1 - "desires" James 4:15 - "If the Lord wills..." 1 Corinthians 7:39 - "...to whom she wishes, only in the Lord."
3. When in doubt, wait! Rom. 14:23 - The "Holding" Principle.



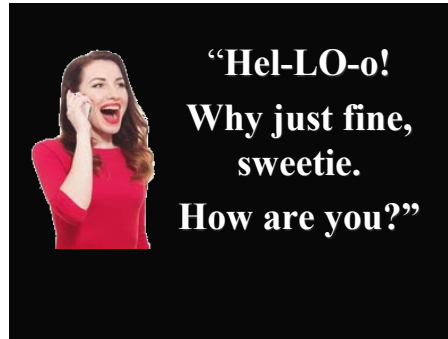
DEPRESSION:

1. Pressure and down feelings are normal in this life - 2 Cor. 4:8
2. But down feelings and heavy pressure do not have to lead to depression - 2 Cor. 4:16
3. Depression and despair grows when down periods are handled wrongly and feelings control. Persons who give in to their feelings give up on their responsibilities.
4. Out of faith and love for Christ, because we have received mercy (2 Cor. 4:1) assume responsibilities regardless of feelings - John 13:17
5. Follow a schedule and allow no self-pity, brooding, or ungodly thinking - Phil. 4:8 think list.
6. God assures us that we can handle life's down times - 1 Cor. 10:13; Phil. 4:13

ANGER:

1. Anger is not always sinful - Mark 3:5.
2. Anger is sinful when it is selfishly expressed in either 1) clamming up or 2) blowing up. Eph. 4:26
3. God has given the emotion of anger to motivate us to solve problems biblically.

4. Anger can be controlled - James 1:19-20 E.g., when the phone or door bell rings in the midst of a fit of anger.



FORGIVENESS:

1. God holds us responsible to forgive. (Matt. 6:14-15)
2. Forgiveness is to be granted primarily out of love for Christ. (Eph. 4:32)
3. Forgiveness is extended on two levels:
 - 1) In the heart at all times in prayer to God. (Mark 11:25)
 - 2) Granted to the person when he says he repents. (Luke 17:3)
4. While we cannot automatically forgive and forget, we can forgive in order to forget.
Forgiveness is a promise that we will not bring it up again to:
 - 1) The person whom we have forgiven (anger, hatred)
 - 2) Others (gossip, slander)
 - 3) Ourselves (bitterness, malice)

And concerning you, my brethren, I myself also am convinced
that you yourselves are full of goodness, filled with all knowledge,
and able to admonish one another.
Romans 15:14