

Tyson Ziegler, Gary Ricucci, Seth Mick

Session 1

I. INTRODUCTION

A. Our Motivation for Establishing Biblical Counseling in the Church

B. The Hope that pervades Biblical Counseling

II. WHAT IS BIBLICAL COUNSELING?

A. Broad Definition:

Biblical counseling, in the way we mean, involves God's people, ministering God's Word, to specific troubles for the goal of sanctification.

Biblical counseling, broadly defined, is personal ministry through intentional conversations in everyday life.

B. The Basic Components

“[Having] a keen sense of God’s calling to minister to each other and then [having] the skills to do it.” Ed Welch

1. A Keen sense of God’s Calling to Minister to Others

“God has moved towards us, so we move towards one another.” Ed Welch

2. The Requisite Skills to Ably Minister to Others

“God calls all of us to be biblical counselors. He calls every believer to know how to relate His Word to one another’s lives so that every believer in every congregation grows more like Christ.”¹

C. Narrow Definition:

Biblical counseling, narrowly defined, delivers the *concentrated discipleship* that all Christians need at various times.²

“A problem may have brought the counselee in, but the scope of counseling is bigger than just fixing a problem. We want to see the counselee become more like Christ—thinking more like Christ, following harder after Christ, and making choices that please Christ.”³

¹ Kellemen and Carson, *Biblical Counseling and the Church*. (Zondervan, Grand Rapids, MI) 2015. pg 18.

² This terminology is taken from the article *The Discipleship River* by Steve Viars, CCEF.

³ Kellemen and Carson, *Biblical Counseling and the Church*. (Zondervan, Grand Rapids, MI) 2015. pg 27.

Summary: Biblical counseling involves God's people, ministering God's Word, to specific troubles for the goal of sanctification. Through the ministry of God's Spirit, applying God's Word, we show others how Christ changes us by his grace and how Christ is the goal of change.

III. THREE TREES MODEL

1. A Paradigm

- a. Inherited from David Powlison
- 2. CCEF
- 3. Based on Jeremiah 17:5-8; Lk. 6:43-45
- 4. Gives us a picture

2. A view of the heart

- a. Circumstances
 - 1. Heat
 - 2. Adversity
- b. Thornbush or fruit tree?
 - i. Gal. 6

ii. Represents the response of the heart

1. Good fruit
2. Thorns
3. What are we reaping?
 - a. Root vs. Fruit
 - b. Focused on pleasing self or pleasing God
4. What's the heart desiring?
 1. Is there an idolatrous/inordinate desire we're acting on?
 2. Are we maintaining a biblical focus on our desires?

3. A way to process change biblically

- a. The gospel imparts hope for change as the only source that can transform the heart
- b. The Cross
- c. With the Spirit's help, we can discern rightly and walk in repentance.