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Session 2 | The Sufficiency of Scripture

I. **THE SUFFICIENCY OF SCRIPTURE IN COUNSELING**

A. **Revisiting our Definitions of Counseling**

- **Broadly Defined:** Biblical counseling is the day-to-day Christ-centered ministry of the Word of God within my various relationships. The mechanism for that ministry is largely personal conversations. (Ephesians 4.29)
- **Narrowly Defined:** Biblical counseling, narrowly defined, brings the concentrated discipleship that all Christians need at various times.

B. **The Role of the Scriptures in Counseling**

- Diagnose the Problem
- Point us to the Savior

C. **The Sufficiency of Scripture as taught in God's Word**

- ...from childhood you have been acquainted with the sacred writings, which are able to make you wise for salvation

through faith in Christ Jesus. All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work. (2 Tim. 3.15-17)

- His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence by which he has granted to us his precious and very great promises, so that through them you may become partakers of the divine nature, having escaped from the corruption that is in the world because of sinful desire. (2 Peter 1.3-4)

D. What difference does God's Word bring to counseling?

- Convictions that give confidence to the counselor
- Content that reorients and gives hope to the counselee
- Conclusion: My role is at the same time easier and harder.
 - Easier: I don't need to look elsewhere for the answers to life's most difficult questions and circumstances.
 - Harder: I am in a lifelong pursuit of ever deepening knowledge of the Scriptures and personal experience of their transforming power.

II. THE THREE TREES MODEL OF TRANSFORMATION

- A. **Heat:** Trouble is the norm life experience in a fallen world

- In this world you will have tribulation
 - John 16.33

- Good things can beguile us no less than bad things:
 - Proverbs 30.8 neither poverty nor riches

 - Deut 8.7-13 good land

 - Deut. 8.2-5, 15-16 desert hardship

B. Sinful Root/Heart:

- Out of the heart comes evil
 - Mark.7.21-23 ex's of evil emerging from the heart

 - Galatians 5.16f, 24 evil passions and desires

 - James 4.1-2 desires

C. Thorns:

- The bad fruit or thorns which emerge from the heart
 - Galatians 5.15, 19-21 the works of the flesh

- Ephesians 4.25-31 notice the negative side of each command

D. Reap:

- The Pattern of reaping from what we've sown
 - Galatians 6.7-8a sowing/reaping to the flesh
 - Galatians 6.8b-10 sowing/reaping to the Spirit

E. Life-giving Spirit

- The Spirit empowers all of our efforts to grow
 - Romans 8.12-17, especially v.13

F. Cross:

- We are in union with Christ in his death
 - Galatians 2.20 crucified with Christ now living by faith
 - Romans 6.4-5 united with Christ in his resurrection power
- His death makes possible a new way of living
 - 2 Cor. 5.14-15

G. Good Root/Heart:

- A hunger and desire for God's glory
 - Matt. 22.37-39 Greatest commandments
 - Matt. 6.33 (Seek first His kingdom and his righteousness)
- A trust in the Lord for my life circumstances
 - Proverbs 3.5

H. Good Fruit:

- Emerges from the work of the Spirit in the believer
 - Galatians 5.22-24 The Fruit of the Spirit
- Shows that we are Christ's disciples
 - John 15.8

III. CONCLUSION: STORIES OF TRANSFORMING GRACE