

The Purpose of Biblical Counseling

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I. Introduction

A. The Purpose of Biblical Counseling: Make Disciples

II. The Gospel

A. Gospel Components

B. Diagnostic Questions

“What did you believe when you came to Christ for salvation?”

“If you died and God asked you, ‘Why should I let you into heaven?’
What would you say?” (from Discipleship Evangelism),

“How did your life change after you became a Christian?”

C. For Professing Christians Dominated by Sin: Key Passages and Corresponding Questions

Read Romans 6.4-14 and ask,

“Have you ever come to Christ in the way described here?”

Read Romans 8.6-13 and ask, “Which one are you?” referring to the passage’s clear descriptions of those who live in the flesh and those who live by the Spirit.

III. Specific Discipleship

A. Overcoming Sin: Psalm 119.9-11

⁹ How can a young man keep his way pure?
By keeping *it* according to Your word.

¹⁰ With all my heart I have sought You;
Do not let me wander from Your commandments.

¹¹ Your word I have treasured in my heart,
That I may not sin against You.

B. Growing in Wisdom: Psalm 119.98-100

⁹⁸ Your commandments make me wiser than my enemies,
For they are ever mine.

⁹⁹ I have more insight than all my teachers,
For Your testimonies are my meditation.

¹⁰⁰ I understand more than the aged,
Because I have observed Your precepts.

C. Dealing with Trials: Psalm 119.105/107, 109-110/112

¹⁰⁵ Your word is a lamp to my feet
And a light to my path.

¹⁰⁷ I am exceedingly afflicted;
Revive me, O LORD, according to Your word.

¹⁰⁹ My life is continually in my hand,
Yet I do not forget Your law.

¹¹⁰ The wicked have laid a snare for me,
Yet I have not gone astray from Your precepts.

¹¹¹ I have inherited Your testimonies forever,
For they are the joy of my heart.

¹¹² I have inclined my heart to perform Your statutes
Forever, *even* to the end.

IV. General Discipleship

A. Train Disciples for Interaction with God

Study of God's Word with Application (Matthew 7.24-27, Psalm 119.112)

Memorization of God's Word (Psalm 1.2, Psalm 119.9-11)

Study of Theology (Psalm 119.104, Proverbs 4.5-9, 2 Timothy 2.15)

Accurate Perception of Trials (James 1.2-4, 1 Peter 1.6-9)

Regular Purposeful Prayer (Colossians 4.2, 1 Thessalonians 5.17-18)

Worship at Church (Hebrews 10.25, 1 Timothy 3.15)

Physical Obedience (1 Peter 2.11-12, 1 Corinthians 6.19-20)

Honoring God with Money (1 Timothy 6.17-19)

B. Train Disciples for Interaction with People

Evangelism (Matthew 28.19-20, 1 Corinthians 9.16)

Love for Others (1 John 3.16-18, Philippians 2.3-4)

Biblical Role in the Home (Ephesians 5.22-31, Ephesians 6.1-4)

Involvement in Ministry (1 Peter 4.10-11)

V. Practical Questions

A. How does the Biblical Counselor arrange simultaneous progress in both Specific Discipleship and General Discipleship?

Through Carefully Planned Homework

Require Counselee Involvement at a Solid Church

Use the Other Resources of the Church

B. What must I do to become most useful to God in a disciple making ministry?

Be Consistent in Personal Discipleship

C. What resources will benefit my counsees?

See “Resources” (on the last page of this study)

D. How does the counselor know when formal Biblical Counseling should end?

Presenting Problem Solved

Counselee Uses Scripture to Address Other Issues

General Consistency in the Spiritual Disciplines Presented During
Counseling

VI. The Results

A. The Graduating Counselee is Prepared for a Growing Life with God in the
Context of the Local Church

Discipleship Resources

Systematic Theologies

Enns, Paul. *The Moody Handbook of Theology*

Demarest, Bruce. *The Cross and Salvation*

Lightner, Robert P. *Handbook of Evangelical Theology*

McCune, Roland. *A Systematic Theology of Biblical Christianity*

Thiessen, Henry. *Lectures in Systematic Theology*

Other Books

Kruis, John G. *Quick Scripture Reference for Counseling*

Mack, Wayne and Johnston, Wayne. *A Christian Growth and Discipleship Manual*

*see especially Bible Study Format pages 110-112

Miller, Patricia A. *Quick Scripture Reference for Women*

Tiffe, Armand. *Transformed Into His Likeness*

Whitney, Donald. *Spiritual Disciplines for the Spiritual Life*

NANC Conference Audio

Sound Word Associates www.soundword.com

Journals with Scripture

Livetheword.squarespace.com > Bible Resources

See Others at www.BCDASoCal.org