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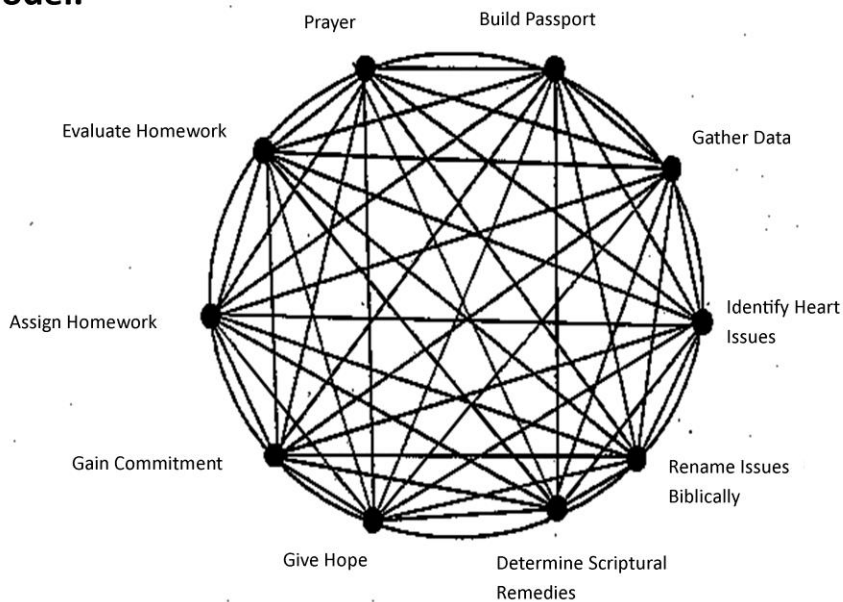
**Session 5**  
**Involvement, Providing Instruction, and Giving Homework (Implementation)<sup>1</sup>**

**I. INVOLVEMENT**

**INTRODUCTION:**

1. What would the counselor need to be like for you to be willing to share your most secret sin or failure?
2. The dynamics of a counseling session and the counseling process.

**A Model.**



**Conciliation Process Summary:**

**A Multidimensional Process**

Based on Howard Eyrich and William L. Hines, *Curing the Heart: A Model for Biblical Counseling*, Christian Focus Publications, Ltd., 2002.

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These notes have been adapted and expanded from Dr. Wayne Mack's Methods of Biblical Counseling class notes.

**A. INVOLVEMENT IS DEVELOPED THROUGH COMPASSION FOR THE COUNSELEE**

1. Jesus Christ - The example of history's greatest counselor (Isa 9:6)

a. Matthew 9:35-38

b. Hebrews 4:15,16

Principle: We want to enter the counselee's world like Christ entered our world (incarnational ministry).

2. Acts 20:31a; Colossians 1:28 – the Apostle Paul

a. Acts 20:17-19, 31, 36-38

b. I Thessalonians 2:17-3:9

3. Two Questions

a. How is genuine compassion developed?

b. How is genuine compassion manifested?

**B. INVOLVEMENT IS DEVELOPED THROUGH SHOWING RESPECT FOR THE COUNSELEE - I Peter 2:17; Romans 12:10**

**C. INVOLVEMENT IS ESTABLISHED THROUGH GENUINENESS AND HONESTY - 2 Corinthians 4:2; 6:11-13; I John 1:7**

**D. INVOLVEMENT IS PROMOTED THROUGH GOOD RELATIONSHIP SKILLS AND CHARACTER TRAITS**

1. Eph 4:1-3—List character traits from Eph 4 and Col 3

2. The fruit of the Spirit as relationship enhancing qualities

a. Love - Colossians 3:12-14; I Corinthians 13:1-8; Galatians 5:14; Romans 13:9

b. Joy - Romans 14:17, 18, Nehemiah 8:10

- c. Peace - Romans 5:1; Philippians 4:7; James 3:16; Romans 14:17, 18
- d. Patience - Proverbs 15:18; Proverbs 14:17; Psalm 37:7; Ecclesiastes 10:4; James 1:2-3; I Thessalonians 5:14
- e. Kindness - Romans 11:32; Ephesians 4:32; Matthew 11:30
- f. Goodness - Romans 12:21; Galatians 6:10; I Peter 3:11; Acts 10:38; Acts 11:22-24
- g. Faithfulness - Proverbs 20:6; Proverbs 25:19; 2 Corinthians 4:2; 2 Timothy 2:2
- h. Gentleness and humility - Acts 27:13; Galatians 6:1; I Thessalonians 2:7; Matthew 11:28; 2 Corinthians 10:1
- i. Self Control - I Corinthians 9:27; 2 Corinthians 10:3-5; Proverbs 16:32; 25:28; 29:11; I John 2:15-17; James 1:14

**E. INVOLVEMENT IS PROMOTED THROUGH EFFECTIVE VERBAL COMMUNICATION - Ephesians 4:25,29**

1. Good in Content – What should you say!
2. Good in Motivation – Why should you say it!
3. Good in Manner – How should you say it!
4. Good in Timing – When should you say it!
5. Good in Placement of Location – Where should you say it!

**F. INVOLVEMENT IS FOSTERED BY GOOD LISTENING**

1. Why listen

I want to be like Christ, a servant, showing love to others.

Remember the “golden rule”: How would you want others to listen to you?

2. How to listen

Listen with humility, as a servant - Philippians 2:3, 4; Proverbs 12:15; 12:23; 15:31; 18:12; 6:12-16

**Let's practice:**

- a. Briefly share a concern/fear you have in 1 or 2 sentences—"counselee"
- b. Listen and practice the following—"counselor"
  - do not counsel
  - reflect back what you are hearing
  - ask who, what, when, where, why, how questions

3. A verbal portrait of good listener

- 1) Expresses friendliness through body posture
- 2) Squarely faces the other person
- 3) Expresses interest through body posture
- 4) Looks at the person who is speaking
- 5) Is appropriately relaxed, not tense or fidgety
- 6) Listens with mind
- 7) Listens with emotions
- 8) Paces responses in accordance with the person's emotional state
- 9) Disciplines self to listen even when tired
- 10) Disciplines self to listen even when doesn't agree
- 11) Disciplines self to listen even when I'm being rebuked or corrected
- 12) Controls emotions while listening
- 13) Is patient and slow to be angry while listening
- 14) Controls responses
- 15) Doesn't dominate the conversation
- 16) Allows the other person freedom to talk about his interests and concerns
- 17) Appreciates and listens to counsel
- 18) Allows others to fully state their opinions before responding
- 19) Refrains from drawing conclusions or giving advice until he has carefully listened
- 20) Recognizes that his viewpoint may be biased or inadequate
- 21) Welcomes and solicits the input of others
- 22) Is aware that he may not always accurately hear the words another person uses
- 23) Recognizes that the same words may be used with different meanings
- 24) Tries to understand another person's words in the way he uses and means them
- 25) Realizes that his interpretation of another person's speech may be influenced by

his own emotional condition or by his attitude toward the person speaking

26)Is cautious to attribute evil intent to another person's statements

27)Hears people out and does not jump to conclusions

28)Refrains from dogmatically predicting what another person is going to say

29)Acknowledges that the other person knows what he meant better than he does

30)Refuses to focus his attention when the other person is speaking on preparing his response or rebuttal

31)Is slow to interrupt

32)Can accurately summarize and reflect what has been said to him

4. How to develop good listening skills – practice, practice, practice!

Learn to reflect and clarify what others say to you - ask questions - don't assume you understand - Proverbs 18:15, 17; 25:8- don't go out hastily to argue...

Principle: Don't commit "assumicide"

## **G. INVOLVEMENT IS ESTABLISHED THROUGH FULFILLING ALL THE "I'S" IN THE COUNSELING PROCESS**

1. Through providing **Inspiration**

*I like to be around this person. I feel hopeful.*

2. Through taking a thorough **Inventory**—"Incarnational/Christlike ministry" (**Enter their world**)

*This person really cares and is trying to understand the depth of my problem.*

3. Through making an accurate **Interpretation**

*They are not misjudging me.*

4. Through giving biblical, relevant and practical **Instruction**

*This person knows how to help.*

5. Through lovingly **Inducing** counselee commitment or clarifying the counselee's Intention

6. Through helping the counselee make and fulfill **Implementation** strategies

*They are going to hold me accountable and I need that.*

7. Through helping the counselee to actually **Integrate** the biblical directives and perspectives into the whole of his/her life

*I can see that I can really change.*

## II. INSTRUCTION

### INTRODUCTION:

The tendency toward 2 extremes:

1. Lecture – dominate
2. Bible closed – just refer, or take out of your own experience

Counseling tip learned from Randy Patten (National Director of NANC)

### A. BIBLICAL IN NATURE

1. Biblical counselors will make God the central part and will base all instructions on teaching of the Word because what they believe:

- a. The Bible is a very practical book
- b. The Bible is **comprehensively** practical (sufficiency)

- i. 2 Timothy 3:17
- ii. 2 Peter 1:3
- iii. Psalm 19

c. The Bible is the only resource for counseling that deals with all of the practical problems of life in an absolutely reliable and trustworthy fashion.

“Man lies, man dies. God never lies, God never dies.” (Australian MABC student)

- i. Num 23:19

2. Summary statement on sufficiency—"Whatever is true and necessary for successful living, i.e., whatever is true and necessary for handling and solving the problems of life will be found in God's Word." Wayne Mack

a. Defining sufficiency biblically: **All things necessary for life and godliness are addressed through either principle or precept in Scripture.**

- 2 Pet 1:3-4
- 2 Tim 3:16-17
- Ps 19:7-10

b. Defining sufficiency theologically: **We have a complete belief system. All the ingredients necessary for a thorough counseling system are in Scripture.**<sup>2</sup>

c. Evaluate all other truth claims through biblical eyeglasses (our worldview)

**John MacArthur:**

"A truly *Christian* worldview begins with the conviction that God Himself has spoken in Scripture. As Christians, we are committed to the Bible as the inerrant and authoritative Word of God. We believe it is reliable and true from cover to cover, in every jot and tittle (cf. Matt. 5:18). Scripture, therefore, is the standard by which we must test all other truth-claims. Unless that axiom dominates our perspective on all of life, we cannot legitimately claim to have embraced a Christian worldview."<sup>3</sup>

## **B. KIND OF INSTRUCTION WE GIVE MUST BE BIBLICALLY ACCURATE (2 Timothy 2:15)**

- Must know the meaning of important Bible words (examples)
- Pay attention to immediate context

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These definitions are from *The Theological Basis of Biblical Counseling* class notes by Dr. Ernie Baker.

3

John F. MacArthur, "Embracing the Authority and Sufficiency of Scripture," in *Think Biblically!: Recovering a Christian Worldview*, ed. John MacArthur, Richard L. Mayhue and John A. Hughes (Wheaton, IL: Crossway Books, 2003), 21-35.

- Interpret in harmony with the larger context - 2 Timothy 3:16
- Worship focused in emphasis (Theocentric)

- The whole Trinity

Rom 11:36; 1 Cor 10:31; Rom 1:25

Principle: Please remember to clearly differentiate between God's directive and man's suggestions.

### **C. THE KIND OF INSTRUCTION WE GIVE MUST BE APPROPRIATELY BIBLICAL**

1. Appropriate to counselee's problem
  - a. If depression is connected to a pleasure idol, then teaching will have a different focus
  - b. If an approval idol, will have different focus
  - c. If a control idol, still different focus
  - d. If a lust of the flesh idol, lust of flesh issues
  - e. If a lust of the eyes, lust of eyes issues
  - f. If a pride of the life, pride of life issues
2. Appropriate to the counselee's need and condition - Ephesians 4:29 - "according to the need of the moment"
3. Appropriate to the counselee's spiritual maturity
4. Appropriate to the counselee's receptivity
5. Appropriate to the counselee's spiritual condition
6. Appropriate to the counselee's personal background
7. Appropriate to the counselee's personal tendencies

## **III. IMPLEMENTATION – GIVING HOMEWORK**

### **INTRODUCTION**



Discipleship: Remember—We're fulfilling "THE GREAT COMMISSION!"

## **A. THE SCRIPTURAL BASIS OF HOMEWORK**

Principle: Our methodology ought to match our view of the nature and purpose of Scripture and our theology in general.

- Matt 7:24-27
- Luke 11:27-28
- James 1:21-25
- 2 Cor 3:18

## **B. HOW PEOPLE LEARN**

1. Eph 4:11-13 – equip
2. Seek to help the **whole** person mature (content, character, competence, community)—Rom 15:14

Head/Content  
Heart/Character  
Hands/Competence  
Home/Church Community

## **C. BENEFITS OF GOOD HOMEWORK**

1. Sets pattern for action and change - Proverbs 4:23
2. Clarifies expectations
  - a. Cr's to ce
  - b. Ce's to cr
3. Promotes hope by communicating the idea that something can be done about the counselee's problems
4. Eliminates the professional counselee
5. Puts responsibility for change where it belongs
6. Decreases potential for counselor dependency
7. Data gathering vehicle
  - a. Homework itself

b. Way counselee does homework

8. Sustains momentum between sessions

**How many hours are there in the week?**

9. Saves time; shortens the length of the counseling period

10. Encourages counselor and counselee to be specific

11. Provides a measuring stick for gauging counselee understanding and progress

12. Provides a measuring stick for gauging counselee commitment

13. Homework failure provides an opportunity for data gathering and evaluation

a. Episode or pattern

b. Feeling oriented pattern - lack of discipline, self- control.

c. Lack of scheduling, disordered life style

d. Didn't understand what was expected

e. Cr. Failure

f. Lack of desire

g. Lack of know how or ability

h. Not on board with cr

14. Provides a good starting point for each session

15. Builds counselee's confidence to carry his own load

16. Facilitates implementation and practice of biblical principles essential to the development of godly habits

17. Provides counselee with a problem-solving, self help manual for the future

18. Provides counselee ideas and material that may be used in helping others

**D.THE NATURE OF GOOD HOMEWORK**

1. Biblical

2. Appropriate

- a. to the person
- b. to the person's problems
- c. to the person's present state or condition or situation

3. Specific

- a. Counselor should be specific as he informs ce
  - i. about what wants ce to do
  - ii. about why wants ce to do
  - iii. about what to expect
  - iv. even how
  - v. sometimes when
  - vi. best to write it down-keep copy for self-give one to ce
- b. Homework should be concrete/specific

4. Practical

Should follow pattern established by Paul – Ephesians 4:29, 31-32;  
Colossians 3:12-14 and Jesus in Matthew 28:19-21.

5. Flexible

- a. What we give
- b. How we give it
- c. How much we give
- d. How we use it in session
- e. How much we use it

6. Developmental or facilitative

- a. Assignments that facilitate growth and development

Ask yourself, “What will it take to get this person to take the next step in Christlike growth?”

- b. Think of counseling responsibility as God wants parents to think of parenting responsibility - Ephesians 6:4 (cf. shepherding)

7. Reportable - 2 senses

- a. Examine and discuss
  - i. Luke 9:1, 2, 10
  - ii. Luke 10:17-20
- b. Capable of being reported

## **E.KINDS OF HOMEWORK**

### 1. Lists

- a. Sins and failures
- b. Likes and dislikes
- c. Pros and cons
- d. Conflicts
- e. Jobs
- f. Bills
- g. Ways to improve, God wants you to change
- h. Ways to serve
- i. Goals
- j. Strengths and weaknesses
- k. Things you worry about
- l. To do list
- m. Relationship building activities
- n. Think list

### 2. Inventories

*HMBL, Vol. 1&2, Preparing for Marriage God's Way, Your Family God's Way*

### 3. Bible Studies

- a. Counselee developed - book or passage
- b. Counselor provided - HMBL, Vol. 1&2

#### 4. Activities

1. Physical
2. Social
3. Spiritual
4. Recreational
5. Occupational or scholastic
6. Educational
7. Interview, visit

#### 5. Journals or diaries

a. General - what do, what happens, highlights of the day

b. Directed - more specific

- i. Devotional
- ii. Significant things do or happen to you
- iii. People with whom have significant contacts
- iv. Conflicts
- v. Temptations
- vi. Problems, conflicts
- vii. Victories and defeats
- viii. How served others
- ix. Pleased or please record
- x. Self-talk journal
- xi. Appreciation or thanks, praise
- xii. Critical or judgmental journal
- xiii. Joys and sorrows
- xiv. Fears, worry, selfishness
- xv. Profitable things

c. Data gathering journals to see patterns

i. "Getting the big picture"

ii. Basic questions to ask

#### 6. Audio, Books, Reading Materials

Illustrations—See NANC website  
SoundWord Associates

7. How to determine how and when counseling can or should be terminated
  - a. Counselee is able to identify his problems and understands the biblical solution to them
  - b. The major problems are well on the way to being solved biblically
  - c. The counselee becomes comfortable with the new response pattern
  - d. The counselee practices the new response pattern consistently
  - e. The counselee has failed and can diagnose the reason for the failure and how to make it right
  - f. The counselee can specifically state how he has changed
  - g. The counselee has been tested and has been victorious in the test
  - h. Rejection
  - i. The counselee is clearly committed to the church: in worship, in serving and in ongoing discipleship
  - j. Increase time between sessions
  - k. Allow to assign own homework
  - l. Specific instructions about what to do if find self struggling
  - m. Warning of what will happen if don't persevere (1 Corinthians 10:12)
  - n. Secure a promise to keep in touch
  - o. Check-up assignments
  - p. Cut it off

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Appendices:

- ANTHEM—This is an example of a “temptation plan.”
- 1 Cor 10:13—A great assignment for giving hope.
- Ps 18 Study—This helps a counselee determine what his/her sources of security, etc., are in the place of God.
- Drawing out the purposes of the heart—A wonderful assignment for starting to see patterns of the inner person.
- Getting the Big Picture—useful as a journal assignment to pick up patterns and help grow in wisdom about the heart.

Suggested reading:

Paul David Tripp, *Instruments in the Redeemer's Hands: People in Need of Change Helping People in Need of Change*, Resources for Changing Lives. (Phillipsburg, NJ: P&R Publishing, 2002). ISBN 9780875526072.

John F. MacArthur and Wayne A. Mack, eds., *Counseling: How to Counsel Biblically*, MacArthur Pastor's Library. (Nashville, TN: Thomas Nelson Publishing, 2005). ISBN 9781418500054.

Lawrence O. Richards and Gary J. Bredfeldt, *Creative Bible Teaching*, Rev. ed. (Chicago: Moody Publishers, 1998). ISBN 9780802416445.

I Corinthians 10:13

**In the temptation...**

**What my flesh, mind, heart says:**

1. My problems are unique, bigger, and tougher.

**List problems that you have viewed this way.**

**What God's Word promises:**

You are dealing with common themes

**List your daily temptations that are like others.**

2. God has forgotten you

**List the places where you feel forgotten**

God is faithful

**List evidences of God's faithfulness**

3. Your problems are more than you can bear

**Where have you felt overwhelmed?**

You will not be tempted beyond...

**What resources do you have for deal with this?**

4. You are trapped and there is no way out

**What problems seem unsolvable?**

I will provide a way of escape

**What changes in you would enable you to handle this?**

**Adapted from Dr. Paul Tripp**

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**Luke 6:43ff**

# **Getting The Big Picture**

## **SITUATION:**

**WHAT IS GOING ON?** (Circumstances, behavior of others)

## **FRUIT:**

**HOW ARE YOU RESPONDING TO WHAT IS GOING ON?** (Emotions, actions, reactions)

## **ROOTS:**

**WHAT DO YOU THINK ABOUT WHAT IS GOING ON?** (God, myself, others, life)

**WHAT DO YOU WANT?** (Goals, desires, wants, demands)



# BC 300 – Introduction to Biblical Counseling

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## Drawing out the purposes of the heart

*“The purposes of a man’s heart are deep waters, but a man of understanding draws them out.” Proverbs 20:5*

Instructions: The Scriptures give us many windows into the heart and what functionally rules it. Here are a few examples. These questions are meant to help you examine personal heart themes of thought, motive, and desire so that you can begin to understand the true treasures of your heart. They will also help you to begin to see how these desires have shaped the way you have responded to God, others, and the situations of life.

Please answer the questions as thoroughly as possible. A paragraph on each question would be ideal. Include some illustrations of how this is true in your life. We will be looking for themes and patterns that define your heart tendencies. You will find it to be a liberating experience as the Lord helps you understand your heart and helps you to grow.

1. When do you tend to experience fear, worry, or anxiety (Matthew 6:19-34)?
2. Where have you struggled with disappointment (Proverbs 13:12,19)?
3. In what situations do you struggle with anger (James 4:1,2; Proverbs 11:23)?
4. Where do you encounter problems in relationships (James 4:1-10)?
5. What are the situations of life that you find particularly difficult (I Corinthians 10:13,14)?
6. What things do you find yourself seeking to avoid?
7. Where have you experienced regular problems in your relationship to the Lord?
8. In what situations do you tend to doubt the truths of Scriptures?
9. What is a good relationship? What do you expect of others?
10. In what type of situations do you struggle with bitterness?
11. Where have you struggled with regret, being tempted to say, “If only...”?
12. In what experiences from the past do you have a hard time letting go?
13. Where do you tend to struggle with envy? What do you find yourself wanting that others have and you don’t?
14. Whose opinion really matters to you?

### Fill in the blanks:

1. Life would be all right if \_\_\_\_\_?
2. I really wish I had \_\_\_\_\_?
3. I need \_\_\_\_\_?

Adapted from the *Journal of Biblical Counseling*, fall, 1996

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*Psalm 18: 1-3*  
**WHO OR WHAT IS GOD IN MY LIFE?**

*Read the verses and read the explanations given below for each of the metaphors used to describe God. The New American Standard was used as the basis of the metaphors. The purpose of this study is twofold to help you develop the same type of testimony David has and to reveal to you who or what is taking the place of God in your life now.*

Verse One: "strength"--means, "to bind fast"(for example with nails); "support", like a retaining wall or buttress. Used over 30 times in Nehemiah for the rebuilding/repairing of the walls of Jerusalem.

David describes God as his strength. In other words, God is his support, his buttress. What is my support? What is it that I rely upon to make me strong? What gives me strength to get through life? What do I lean upon when life is tough? Who do I turn to?

Answers

Verse Two: "Rock"-also translated by a "cliff", a "place to hide" (a cleft in the rock) David says that the LORD is his place to hide. What do I hide in? What do I find shelter in and derive comfort from?

"Fortress"- "stronghold", a castle on a mountain (for example, Herod's famous Masada near the Dead Sea)

David flees to the LORD as his fortress; he takes refuge from the pressures of life in Him. Who or what do I typically flee to in the storms of life? What is my refuge? Who do I turn to for help?

"Deliverer"-the One who helps me escape or rescues me (used of survivors from battle). Who or what am I turning to for help in escaping the pressures of life, the battles of life? What are my escapes? Who is my rescuer?

"Rock" is a different word than above meaning boulder. In Psalm 62:1-3 (also 6-7) it is used of the person who is confident because their faith/trust is in the LORD. Their trust is in Him so therefore they will not be "greatly shaken." Who or what is my confidence that leads me to believe that I will not be greatly shaken?

"Shield"-small, maneuverable shield (see also verses 30 and 35 and Psalm 28:7). What are my shields in life? What am I hiding behind? Who or what am I trusting in to protect me? What are my defense mechanisms?

"Horn of my salvation"-Horn, representing strength (Used of the horns of the altar representing the power and presence of the LORD; also of horns in battle). What do I cling to when I'm attacked? What trumpet do I start blowing? What would victory be to me? What would win the battle for me so that I could have peace? What is my salvation that makes life livable? What do I turn to as a weapon to win peace in my life? What power do I use to deal with enemies/pressures?

"Stronghold"- "fort on high ground"(Psalm 46:7 is the next place where it used). What walls do I hide behind? What do I bury myself in? What do you immerse yourself in when the pressure is on? What do I count on to have an advantage over others?

Verse three: "And I am saved from my enemies." What is causing pressure? What are my enemies? Am I doing what David did under pressure? What are the giants or enemies in my life (people, emotions, habits)?

The following questions are designed to help you change

David says that God is all these things to him. Is God these things to me? What is taking God's rightful place? Do I give more devotion, zeal, energy or passion to these than my relationship with the LORD? What can I do to put the LORD in His rightful place? What thinking do I need to change? What verses should I memorize to help with my thinking? Who can hold me accountable?