

## I. BIBLICAL COUNSELING PRINCIPLES

ESV 2 Corinthians 2:14 But thanks be to God, who in Christ always leads us in triumphal procession, and *through us spreads the fragrance of the knowledge of him everywhere.*

ESV 2 Corinthians 3:6 *who has made us competent to be ministers of a new covenant, not of the letter but of the Spirit.* For the letter kills, but the Spirit gives life.

ESV 2 Corinthians 3:18 And we all, with unveiled face, beholding the glory of the Lord, are being *transformed into the same image* from one degree of glory to another. For this comes from the Lord who is the Spirit.

ESV 2 Corinthians 4:6 For God, who said, "Let light shine out of darkness," *has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.*

### A. WHO? COUNSELING CHRISTIANS: "WE ALL WITH UNVEILED FACES"

1. ARE YOU COUNSELING AN UNVEILED FACE? *Faith in the Bible's Gospel of Grace reconciles us to God:* ESV 2 Corinthians 3:14 But their minds were hardened. For to this day, when they read the old covenant, that same veil remains unlifted, because *only through Christ is it taken away.* <sup>15</sup> Yes, to this day whenever Moses is read a veil lies over their hearts. <sup>16</sup> *But when one turns to the Lord, the veil is removed.*
2. DO YOU SEE EVIDENCE OF THE SPIRIT'S LIFE AND FRUITS? ESV 2 Corinthians 3:18 . . . For *this comes from the Lord who is the Spirit.*
3. EVANGELIZE: Lead the non-Christian to Christ by His answers to their problems. If they will not respond to the Gospel fairly quickly, you may need to delay further attempts to counsel.

### B. HOW? COUNSELING METHODS: "BEHOLDING THE GLORY" in Scripture through the Christ-like counselor.

1. KNOW: As revealed in Scripture, Christ is the true heavenly form reflected in the earthly images/shadows.
  - a. Trinitarian family (God as father to his Son Christ in fellowship of Spirit) is imaged in Christian family (God is our father through Christ & Spirit, so we become "natural" Jewish & adopted Gentile children (Gal 4:4-7), we have spiritual fathers in the Gospel (1 Cor 4:15) and physical fathers) Christ as husband to the church as wife is imaged in marriage (Eph 5:22-33)
  - b. Christ is the true image of all the shadows of Temple priests, objects, food, drink, observance of days and festivals (Heb 8:1-6; 10:1-14; Col 2:16-17)
  - c. Man is created in the image of God, recreated in the image of Christ (Gen 1:26; Col 1:28; Gal 4:19; Eph 4:13)
  - d. Christ's character & attributes reflected in earthly things (Rock, Fortress, Shield, Morning Star, Son, Lion of Judah, Alpha & Omega, Prophet, Priest, King, Savior, Deliverer, Bridegroom)
  - e. Christ as king over his citizens is imaged in rulers over their citizens (Rom 13:1-7)
  - f. Christ as Shepherd over his church/sheep is imaged by pastors/elders over their congregations (1 Peter 5:1-4)
2. MODEL: Counselor humbly models/reflects the glory of God to counselee (2 Cor 3:6; 4:2, 5, 11; Matt 7:1-5; Gal 6:1; 2 Tim 2:24-26)
3. ANALYZE: Counselor compares the glory of God in the face of Christ with the counselee's confession of faith and habits of responding to the shaping influences of life, making inferences about the counselee's heart (faith, hope, love, repentance VS. unbelief, fear, lust, pride).

## *From Glory into Glory: An Introduction to Biblical Counseling*

Rev. Dr. Tim Yates, D.Min.

4. **SPEAK:** Counselor speaks relevant themes of the glory of God to the counselee according to biblically defined & prioritized needs (2 Cor 2:14; Eph 4:29; 1 Thess 5:14).
  5. **PRAY:** Counselor patiently prays the glory of God with, for and upon the counselee (Eph 1:15-23; 3:14-21; Phil 1:3-11).
- C. **WHAT? COUNSELING GOALS: “TRANSFORMED INTO THE SAME IMAGE FROM ONE DEGREE OF GLORY INTO ANOTHER”**
1. **RECEIVE GOD’S COMFORT:** Counselor grieves over the tragedies the counselee has endured, traces signs of God’s providential care in the counselee’s life and ministers God’s comfort to those sinned against or afflicted (Acts 14:17; 17:24-27; 2 Cor 1:3-11; 4:1-18; Rom 8:17-39; Psalms 23 & 73; Heb 4:14-16; Phil 3:10-11; Gal 6:14; Heb 11:13-16, 22-28, 35-40)
  2. **HATE SIN:** Counselor admonishes counselee hatred, confession, repentance and resistance to sinful heart idolatries and habits because of the fear of the Lord, grieving the Spirit, failure of idols to satisfy, destructive consequences in heart, body and relationships and eternal death separated from God. (Eph 4:30; Gal 6:7; Jas 1:13-15; 3:16-18; 4:1-6; 1 Tim 6:10; Rom 1:18-32; Gal 5:19-21)
  3. **LOVE CHRIST & ENJOY HIS BENEFITS:** Counselor attracts counselee to faith, love and hope in the glory of the Lord and growing in likeness to his heart affections and character fruits expressed in speech and actions because of the joy of the Lord, fellowship with the Trinitarian family by the Spirit, satisfaction in God and all He provides in the Gospel and relationships, and healthy results in heart, body and relationships and eternal life in God’s presence. (Psalm 73:25-26; 103:1-2; Gal 5:6; 6:8; Phil 2:1-14; Eph 6:1-3; Rom 12:18; Matt 25:21, 23)
  4. **MAKE WISE CHOICES:** Counselor gives counselee biblical instruction to make wise choices based on counselee’s God-given gifts, financial needs of family, church & the poor, prioritized levels of responsibility, cultural peculiarities, church & denominational options, family duties, personal history & experiences, and assessment of other’s tendencies and habits.
  5. **PRACTICE THE MEANS OF GRACE:** Counselor encourages the counselee to behold the glory of God through the Word, prayer, sacraments, and fellowship (Heb 3:12-15; 10:23-25). This includes counseling homework, book reading, personal devotions, church & small group involvement.

## **II. APPLICATIONS TO COUNSELING**

- A. **Applying the methods in short-term intensive counseling** (4x’s @ 3 hours each=12 hours)
  1. **The First Session (3+ hours)**
    - a. **FORMS:** Initial counseling forms
    - b. **INTRODUCTION:** Initial counselor introduction & qualifications, individual responsibilities & prayer
    - c. **INVESTIGATION:** The first 2 hours
    - d. **BREAK** (use 15 minutes to process and analyze)
    - e. **ANALYSIS,** rank problems by importance (crises & danger first), proposals for the following sessions, offer hope in Christ
    - f. **HOMEWORK:** Give appropriate homework (usually listening to sermons or reading the Bible or Christian books *to know God better*, journaling *to know self better*, relationship assignments *to know people better*). Use I.C.5 above and train in using means of grace as needed.
    - g. **PRAY** together
    - h. **REFLECT:** Spend personal time after the session to evaluate the themes, look for connections, consider other areas to investigate, plan homework ideas.
  2. **The Second to Fourth Sessions** (3 hours/ 2, 3, and 4 weeks apart)

- a. HOMEWORK & QUESTIONS: Follow up on homework (interact, adjust as appropriate, give more if easily completed) or other counselee questions related to homework or life situations.
  - b. SAME or CHANGED? Any recurrence of similar problems or improvements?
  - c. CHECK & CONFIRM: Check initial analysis with deeper questions and explore other life areas for similar problems. Look for heart idolatries for sin problems.
  - d. COMFORT: Use I.C.1 above to deal with comfort ministry first, if possible.
  - e. WARN & ATTRACT: Use I.C.2-3 above to warn about sin, resisting the biggest problem area, while reflecting counselee's vocabulary in support of your analysis. Attract to Jesus and the grace of God in the Gospel.
  - f. GIVE WISDOM: Use I.C.4 above to counsel in areas needing wisdom.
- B. CASE STUDIES
1. STEALING: "punishing others for my misfortunes"
  2. PORNOGRAPHY: "curiosity" OR "active lust-idolatry/sex slave → masturbation (+alcohol)"
  3. MARRIAGE CONFLICTS: anger & violence
  4. PRE-MARITAL CONFLICTS: "You don't love me!"
  5. DATING: "God wants us together"
  6. PARENTING: grades & Gospel