

SESSION 13 • ACBC

BIBLICAL COUNSELING

Strategy

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Step-by-step counseling instruction shaped by Scripture.

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Eight Steps

- 1 Discover the Person's Relationship with Christ (Salvation)
- 2 Provide Hope
- 3 Identify Idols of the Heart
- 4 They Must Understand Who God Is
- 5 Restructure Their Lives
- 6 Structure Their Environment
- 7 Provide Accountability
- 8 Deal with Others They Have Affected

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Discover the Person's Relationship with Christ (Salvation)

Counseling Apart from Conversion is Just Behaviorism

Without a relationship with Christ, counseling might only result in *superficial changes*.

[illegible]



Must Acknowledge, Confess, and Repent

Luke 15:11-24 (Parable of the Prodigal Son)

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“Acknowledge, Confess, and Repent.”

Acknowledge: Accepting the sinful nature of certain behaviors.
Confess: Admitting those sins to God. Repent: Turning away from sin and turning to Christ.

Freedom comes through these three steps.

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2 Peter 1:3-4: God has given us everything we need for life and godliness.

The struggle is not unique, and Scripture offers biblical solutions.

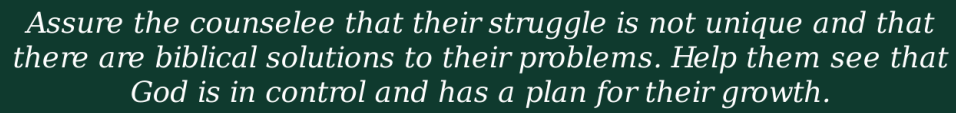
1 Corinthians 6:9–11: Others have overcome similar struggles in Christ.

Romans 12:2: Testimonies of those who have been transformed.

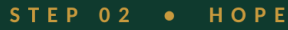


Emphasize that God's Word is **sufficient** and contains all the wisdom and guidance needed for the situation.

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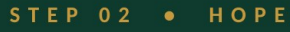


 *Their struggle is not unique, and God is in control with a plan for their growth.*



Hope that the Sin Is Listed in Scripture with Other Behaviors That Can Be Overcome: Highlight that the Bible addresses various sins and that others have overcome similar struggles through Christ. Point them to 1 Corinthians 6:9–11, where Paul talks about different sins and how believers were *washed, sanctified, and justified* in the name of Jesus.

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Hope by Introducing Him/Her to Others Who Have Been Transformed: Share stories or testimonies of those who have been transformed by *renewing their minds* through faith in Christ. Encourage them to join a community or support group within the church where they can witness and experience this transformation.

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Identify Idols of the Heart

01



The Ruling
Motives
Behind the
Actions That
Are Not of

God

02



The
Deceitfulness
of the
Heart

(Jeremiah
17:9)

03



Discover
Through
Words and
Actions

(Matthew
12:33-37)

04



Warn About
the Results
of Idol
Worship

05



Help Them
See the
Choice to
Make

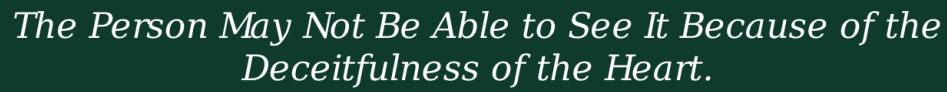
(Hebrews
11:24-26)

Every counseling conversation surfaces what the heart truly worships.



Engage in thoughtful **conversation and prayer** to discern what these idols might be.

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THE TAKEAWAY

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Share Matthew 12:33–37, where Jesus teaches that **our words reveal our hearts** to guide this discovery process.

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Help Them to See the Choice They Must Make

Hebrews 11:24-26

Share Hebrews 11:24-26, which speaks of Moses choosing to suffer with God's people rather than enjoy the pleasures of sin, to illustrate the importance of making godly choices.

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Seven Dimensions

- | | | | |
|----------|--|----------|--|
| 1 | Understanding God's Love and Forgiveness (John 3:16; Eph. 2:4-10) | 5 | Understanding the Goal of Christlikeness (2 Corinthians 5:9) |
| 2 | Understanding God as the All-Powerful Changer of Lives (2 Cor. 5:17) | 6 | Understanding God's Holiness and Hating Sin |
| 3 | Understanding the Spiritual Battle (Gal. 5:16-26; Eph. 6:10-14) | 7 | Understanding Repentance: "A change of mind leading to a change in direction of life." |
| 4 | Understanding the Need for God's Help (John 15:5; Phil. 4:13) | | |

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John 3:16; Ephesians 2:4-10: God loves them and sent Jesus to provide forgiveness and eternal life. Share the amazing grace of God and His rich mercy to us.

2 Corinthians 5:17: Share how Christ can make anyone a new creation, transforming their lives.

Galatians 5:16–26; Ephesians 6:10–14: Discuss the battle between the flesh and the Spirit and the need to put on the full armor of God.

John 15:5; Philippians 4:13: Emphasize reliance on God: we can do nothing without Him, and through Him we can be content and endure in every circumstance (Philippians 4:11–13).

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God's Holiness and Hating Sin

Repentance

*"A change of mind
leading to a change in the
direction of life."*

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Resolving to change by God's grace.

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05



Restructure Their *Lives*

Understanding the Key to Overcoming Sin: Progressive Sanctification.

Ingesting Scripture, setting goals for Bible reading and prayer, plus additional tips for restructuring daily life.

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It takes a lifetime, and it is never finished in one moment.



 *Encourage the counselee to fill mind and heart with God's Word, practically and daily.*



Create a Plan

Encourage Involvement in Church Community

Encourage participation in church activities and small groups where they can grow with other believers.

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Remove what fuels sin: relationships, places, visuals, activities, and an undisciplined mind.

Replace the vacuum with godly friendships, a Bible-believing church, growth essentials, new activities, and a disciplined mind.

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Eliminate Negative Contributing Factors

01



Contributing
Social
Factors:
distance
from
unhealthy
relationship

02



Contributing
Places: avoid
places that
tempt or
ensnare.

03



Contributing
Visual
Material:
identify and
avoid
provoking
content.

04



Contributing
Activities:
abstain
from what
leads away
from
godliness.

05



An
Undisciplined
Mind: take
control of
thoughts;
focus on
what is true
and godly.

Encourage the counselee to distance themselves from what leads them into sin.

Increase or Add Positive Factors

Replace the vacuum left behind with the things of God.

01

Growing Christian Friends

Encourage the formation of godly friendships that will support and edify them.

02

A Bible-Believing Church

Guide them to a sound church community where they can grow in faith. *Rep*

03

Christian Growth Essential

S Suggest resources like Christian books, podcasts, or seminars.

04

New Activities

Help them find wholesome activities that align with their values and interests.

05 

A Discipline d Mind

Cultivate a mind focused on God's Word, prayer, and godly thoughts.

Replace. Do not merely remove.

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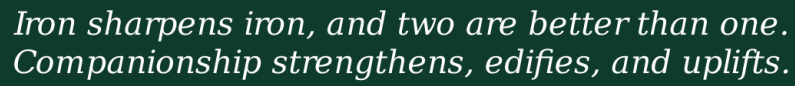


1 Accountability (Proverbs 27:17; Eccl. 4:9–12)

3 Involving Other Strong Christians

5 Creating a Structure for Accountability

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THE TAKEAWAY  *Strong, edifying relationships are essential: we need others to support and uplift us.*



STRONG CHRISTIANS

WISDOM & GUIDANCE

THE SPOUSE

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Clear Expectations

Encouragement and Correction

Encourage progress and lovingly correct when needed, always pointing back to Scripture and God's grace.

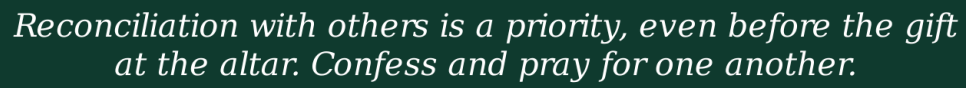
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Deal with Others

Making Right What Has Been Done. Counseling family and friends on forgiveness; steps to facilitate reconciliation.

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 Communal restoration is the heart of biblical reconciliation.

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Offer to meet with them or provide resources to help them understand and practice **biblical forgiveness**.

Help the counselee evaluate who has been affected and how.

Assist in formulating a plan for approaching those affected, considering the unique dynamics of each relationship.

Offer support, encouragement, and prayer as the counselee takes these often-challenging steps to reconciliation.

Monitor the progress and provide ongoing counsel to ensure the reconciliation process continues.

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Providing Instruction

Steps 1 - 4

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Providing Instruction

Steps 5 - 8

- 5 Restructure Their Lives
- 6 Structure Their Environment
- 7 Provide Accountability
- 8 Deal with Others They Have Affected

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