



Biblical Theology of Counseling
Various Passages October 6, 2019

I. Introduction:

- A. This morning's message is going to be different from what you are used to getting when we open up a passage, teach what it means and then apply it.
- B. What is going to happen today is you are going to get:
 - 1. Over 40 years of studying Scripture
 - 2. Over 60 years of living with and struggling with my own soul
 - 3. 34 years of pastoral ministry and care of others' souls.
 - 4. What I have learned from others over these years from those who specialize in these things
- C. So these converge together to form my biblical theology of pastoral counseling for ministering to a damaged soul, someone else's and your own!
- D. As I share this my hope is that it will help in three ways:
 - 1. Those who are struggling with something in their own souls will get some direction on how to think about these things and how to begin to approach them
 - 2. Those who are basically doing OK right now in their souls would find out things that will help them excel still the more in their soul since none of us will be perfect in this area.
 - 3. Finally, it will equip all of us a bit more on how to think and help others we love who are struggling deep within their souls. You might call it a biblical/pastoral counseling 101.
- E. So over the past 3 months I have worked hard trying to summarize all my thinking and understanding in a simple way that can help us with these things. I encourage you, if you are interested; to go to the web page and download the document that I created that summarizes all of this so you can use it for yourself or helping others!

- Let me start with an...

II. Overview of the whole process (See 4 page Handout)

A. The process

- 1. Commission – sins done but should not have been (sexual or verbal abuse). Omission – should have been done but was not (told you're loved or received affection and affirmation)

2. Room of works looks like - when we try to manage our sin through willpower, the process looks like this:
sin...confess... do better for a while, and then sin again. Embarrassment, confess again, ask God to take away the desire, then sin again, confess again, sin again, confess again, shock, more determination to stop sinning, think about it a lot and examine it. Make promises, create some boundaries, and sin again, now even worse than before. Despair, anger, shame, distance from God and guilt. Self-condemnation, self-loathing... sin again.

Disillusionment, doubt, self-pity, resentment at God: Why doesn't He hear my prayers? Why doesn't He do something? More anger. Then fear because we allow ourselves to get angry with God. Then real confession, a heartfelt one, and a sense of cleansing. Ah, a new start. Things seem to get better. Yeah, I finally got this sin under control. Oops, sin again. Desperate efforts and bargains struck. Once-and-for-all healing. Really, mean it this time. Sin again. Lose hope, give up, rationalize, minimize, blame, pull away, hide, judge others, put on a mask, sin again, and so on.

B. The room of grace

1. Radical Honesty Radically honest look – the opposite of that is denial, suppression, not wanting to talk about it!
2. Like denying you have cancer and thinking it will take care of itself or just go away. It will eventually overtake you and destroy you!

C. The past

1. Read statement at the top
2. At the end of describing how to address the past. The emotional resilience class that starts this Tuesday here at MVC will go into this process much deeper. At Next Steps Table there will be more info and resource cards about all of the resources we have available for you during this series.

D. Spiritual warfare

III. Conclusion

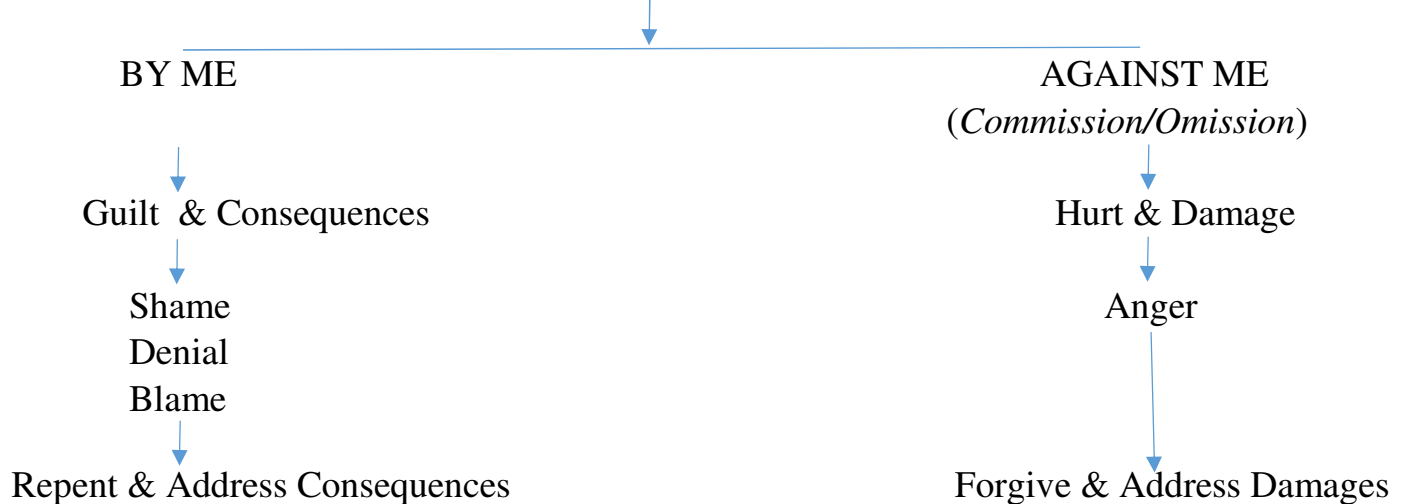
- A. Ps 127:1 says “unless the Lord builds the house the laborers labor in vain”
- B. The best information, processes and programs do not have the power to transform a life, only God does that!
- C. There is a special meeting between man and God when we prayerfully depend upon God and do the due diligence to put ourselves in the places where God is working.
 1. Some of those places you will find on the resource card at Next Steps Table
- D. Thus this week we are moving into a week of prayer where we are calling the whole body to come and pray for one another and our loved ones as we are asking the Healer Himself to do things in our souls that only He can do.
- E. Josh will explain a bit more about this.

OVERVIEW OF THE PROCESS

(True Faced by Thrall, McNicol and Lynch)

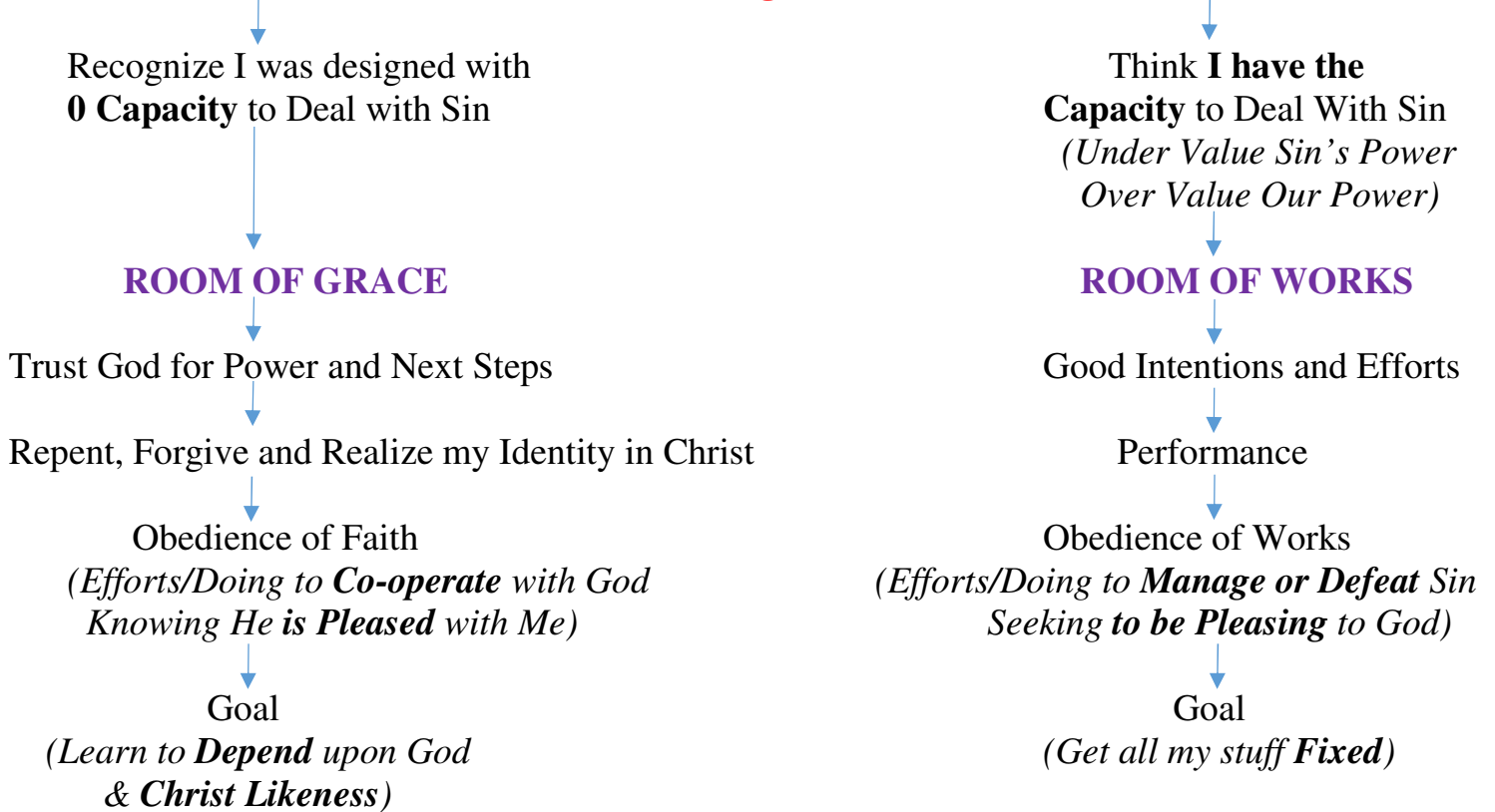
“for if you are living according to the FLESH, you must die; but if by the SPIRIT you are putting to death the deeds of the body, you will live.” Romans 8:13

SIN/FOOLISHNESS



*If you do NOT DEAL with this or KNOW HOW to deal with it, it creates more Brokenness in me!
The LONGER YOU WAIT to deal with it the HEAVIER THE BAGGAGE gets*

2 Different RESPONSES to the Damage, the Brokenness that Sin Creates



WHAT HAPPENS IN THE ROOM OF GRACE

(Inside Out by Larry Crabb)

"and you will know the **truth**, and the truth will make you free." John 8:32

"So if the **Son** makes you free, you will be free indeed." John 8:36

2 DIFFERENT GOALS

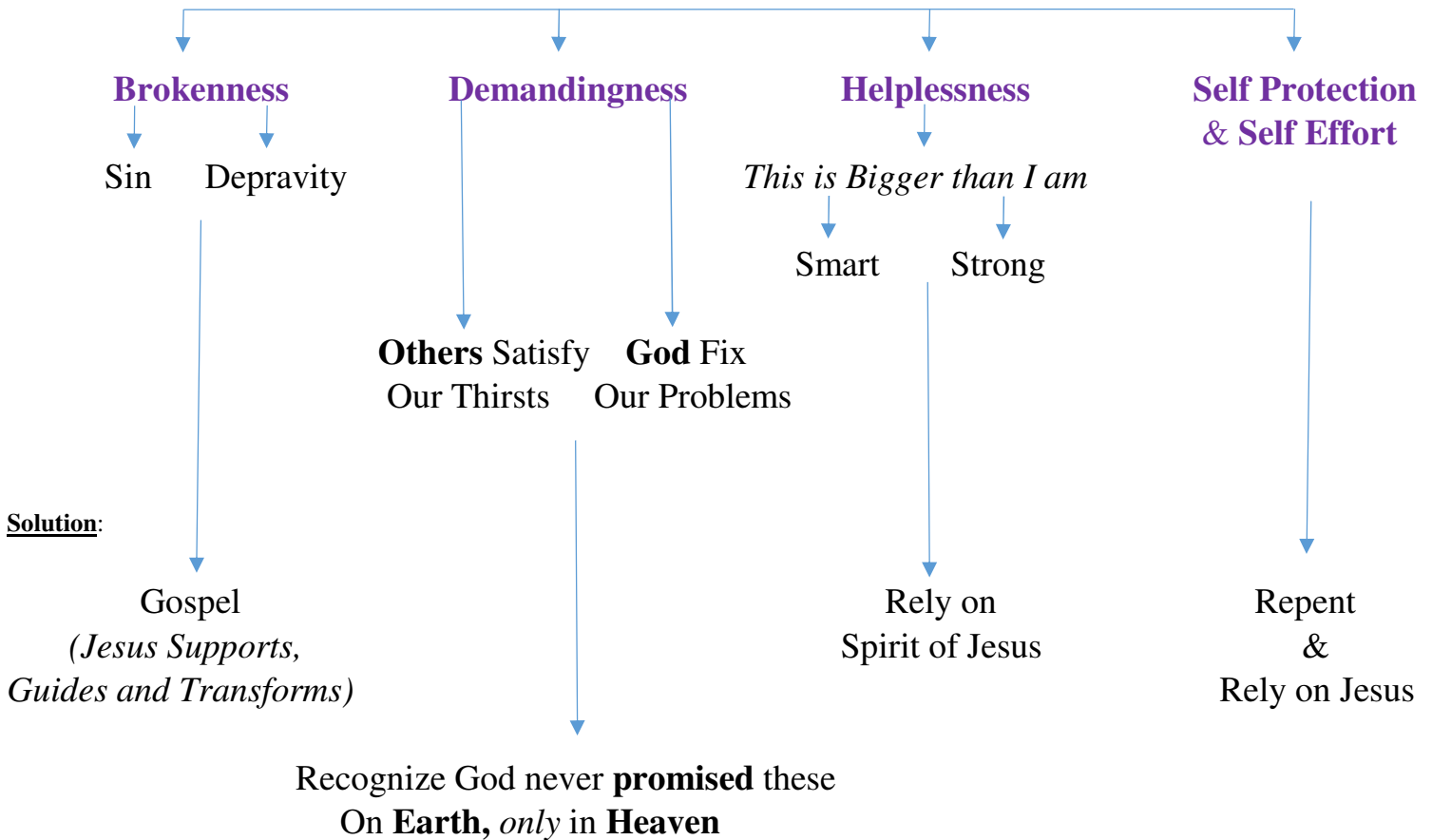
Trust *and* Transformation into Christ Likeness

Fix Problem to Ease Pain

Changing **who I am** (Character), takes a very different process than
Changing what **I Do or Know!**

It starts with a **RADICAL HONESTY** with Yourself, God, and Someone Else
along with a **RADICALLY HONEST** look at the Problem!

WHAT WE FIND INSIDE OF US

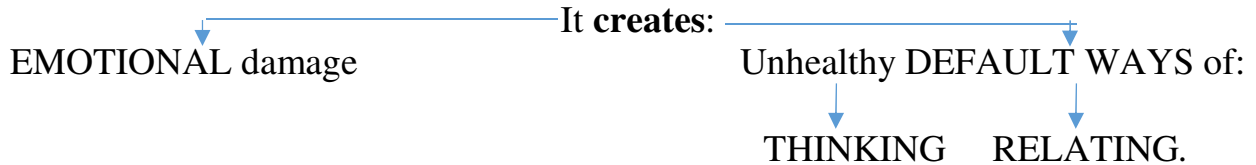


OUR PAST

“Watch over your heart with all diligence, for from it flow the springs of life.” Proverbs 4:23
If we SKIMP on our INNER life, the REST of our life will SUFFER as well! Peter Scazzero

THE IMPACT

The PAST sins/foolishness of myself and others towards me IMPACTS me UNDER THE SURFACE (90% Iceberg) in ways I am often NOT AWARE of!



GOAL

The **Joy** and **Freedom** of being the AUTHENTIC YOU God created *and* God using your Painful Past to **CONFORM** you more into the image of Jesus Christ.

TRIGGERED REACTIONS

People, Places and Things create Triggered responses that **happen before we have a chance to think** about what I am doing that **tips us off** (Indicators) that something is going on!

- **EMOTIONAL GROWTH** is not measured by getting Rid of these **triggers** but rather in the **new ways I Respond** to them and in the Reduction of time in responding to them.

PAST DIFFICULTIES are **MANIFESTED** today by:

Anxiety, Anger, Impatience, Addictions, Depression, Sadness, Eating Disorder, Perfectionism, People Pleasing, Guilt, Shame, Fear, Judgmental, Overly concerned with Appearances and what Others Think of us, Insecurity, Un-forgiveness, Negative Thinking, Bad Self Image, etc

ADDRESSING THE PAST

REMEMBER

Identify

What you **chose** to do
Vows you made (I will never...)

Unhealthy Patterns

Thinking Ways of Relating

REPENT

Sinful

Actions
Reactions
Responses
Habits

RECOGNIZE

Emotional Episode

Body
Emotion
Thoughts

RESPONSE

Choose

Fruit of Spirit
Truth
Victor not Victim

Meditate & Memorize God's Word

RESTORE

Intentionally

Thought Life
(Every One Captive)
Spiritual Practices

(Daily Devotional, Prayer

Silence, Solitude
Journaling,
Sabbath/Rest, etc.)

Identity in Christ
(Rather than:

What we Do/Produce;
We Have;

What others Say/Think of Us;
Our Past)

SPIRITUAL WARFARE

"For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places." Ephesians 6:12

IDENTIFYING SPIRITUAL WARFARE

INTENSE PERSISTENT Temptation/Sin *that may be* PERVERTED, REPULSIVE or UNWANTED, *that* does NOT BUDGE with normal spiritual practices.

IDENTIFYING DEGREE OF WARFARE

TEMPTED – HARASSED – OBSESSION – POSSESSION

GROUND

Unconfessed Sin - (the place where Satan can **stand** in our life to do his work of destruction)

- *Anxiety 1 Pet 5:6-8; Anger Eph 4:26-27; Unforgiving Heart 2 Cor 2:8-11; Selfishness Mt 16:21-25; Immorality 1 Cor 5:1,5; Pride 1 Tim 3:6; Worldliness James 4:4-7 cr. 1 Jn 2:15-16; Unbelief & Bad Conscience 1 Tim 1:19-20; Anything you love more than Jesus Rev 12:10-11; Ancestral Sin Ex 20:4-5 cr. 1 Pet 1:18 especially satanic sin; Lack of Marital Sexual Fulfillment 1 Cor 7:2-5; Idol Worship & Objects of Idol Worship 1 Cor 10:20*
- *(Exceptions - Battle point – Book of Job; Sanctification 2 Cor 12:7)*

ADDRESSING WARFARE

Satan must FIRST be BOUND

Before we seek to **address the damage** sin and Satan have caused!

"Or how can anyone enter the strong man's house and carry off his property, unless he FIRST BINDS the strong man? And THEN he will PLUNDER his house." Matthew 12:29

CONFESS OUR SIN - THE GROUND SATAN HAS IN OUR LIVES

"If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness." 1 Jn 1:9

SUBMIT to God and RESIST the Devil

"Submit therefore to God. Resist the devil and he will flee from you." James 4:7 cr 1 Peter 5:8-9

Yield Life and Actions To **B**lood **A**uthority **N**ame of Jesus
Authority of God and His Word *Col 3:13-15 Eph 1:20-22 Phil 2:9-11*

THEN ADDRESS: The PROCESS, the ROOM OF GRACE, and the PAST

Be the **GATEKEEPER** to our **THOUGHT LIFE** since this is **where the Battle Rages!**

"For though we walk in the flesh, we do not war according to the flesh, for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ," 2 Cor 10:3-5