

GENERAL PRINCIPLES OF BIBLICAL COUNSELING PART 2

Key Elements in Biblical Counseling *(continued)*

B. Investigation

6. Where possible, hear from all parties involved. *Prov 18:17*

7. Not all problems are caused by personal sin.
 - Organic problems should be referred to physicians.

 - You may need to get the client stabilized physically before you can have a meaningful session - i.e., lack of sleep, under the influence.

8. One of the most important issues to determine is whether the counselee is a believer.
1 John 5:1; 2:3-4; 4:7-8; Matt 7:21-23

9. A tool - the Personal Data Inventory.

10. Also gather non-verbal data. *Prov 6:13; Gen 4:5*

C. Interpretation. *Rom 12:2; Prov 3:5-7*

1. After you have gathered adequate data, you need to draw some conclusions.

2. You need to evaluate your counselee's spiritual condition. *1 Thess 5:14*
3. Often the counselee will not know what his problem is, or he will have incorrectly identified the problem. *Prov 14:12, 16*
4. You want to give biblical labels to the counselee's situation. *Prov 3:5-7*
 - What biblical language best describes this person's problem?
 - What insights does the Bible give for the probable causes of such problems? *Jas 4:1ff*
5. Distinguish between the symptoms and the causes of problems.
6. Often your greatest challenge will be to sort out and prioritize the counselee's issues.
7. Problems stem from the heart. *Jer 17:9-10; Mark 7:19-22*

D. Instruction. *2 Tim 3:16-17; Eph 4:17-28*

1. Rely upon the inerrant and powerful Word of God. *Prov 3:5-7*
 - Handle the Scriptures carefully. *Jas 3:1ff; 2 Tim 2:15*

- Use texts for the purpose God gave them.
2. Prepare counseling outlines.
 3. Teach interactively and creatively.
 4. Teach redemptively (answers are in Christ). *Rom 6:1ff*
 5. You must deal firmly with sin. *Eph 4:17-22; 1 Thess 5:14; 1 John 1:8-10; Acts 20:31; Gal 2:11; 2 Tim 3:16-17; Matt 5:21ff*
 6. Sin must be repented of - put off. *1 John 1:9; Ps 32:3-5; Prov 28:13; Matt 5:29-30; 2 Cor 7:8-11*
 7. New life patterns must be established - put on. *Eph 4:22-28*





Books

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



Supplemental Resources

Newheiser, Jim, “(Approximately) 100 Go to Texts for Biblical Counselors”

“Personal Data Inventory”