Introduction to Pastoral Counseling

# Introduction

## The Biblical Basis for Counseling:

All Christian workers should be able to do pastoral counseling!

1. The New Testament terms for counseling are addressed to *all* Christians.

*Parakaleo* (107 times in New Testament): encourage, comfort, exhort

\*1 Thess.5:11, Heb.10:25

*Didasko*: (97 times in New Testament) teach, instruct (formally or informally)

Col. 3:16

*Noutheteo* (11 times in New Testament): admonish; counsel

\*Rom.15:14, Col.3:16

*Elencho* (17 times in New Testament): reprove, expose, convict, refute

2 Tim.4:2

*Epitimao*: (33 times in New Testament) rebuke, warn, tell sternly

2 Tim.4:2

1. The main goal of New Testament counseling is sanctification

\*Gal.6:1

\*1Tim.1:5

Col.1:28

1Thess. 2:7-12

1. The main context for New Testament counseling is Christian community

Eph.4:15,16

See also “Body Life” in the Means of Growth.

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TEACHING NOTES

# Counseling Models

## Dynamic Model

### Background

Widely used in the secular realm and pioneered by Dr. Freud. It is often called Psychotherapy and is characterized by a prolonged time commitment with a therapist.

### Presuppositions

### Healing

### Scriptural Compatibilities

### Scriptural Incompatibilities

## Moral Model

### Background

The Moral model is the most common sub-biblical model found in Christian counseling, most famously advocated by Dr. Jay Adams and widely practiced in the Reformed tradition, with permutations (see M. Driscoll).

### Presuppositions

Wrong actions lead to wrong feelings and wrong attitudes.

### Healing

“Do the right thing,” or more famously, “stop worshipping idols and worship God instead.”

#### Examples:

1. The newly wed wife feels lonely and rejected when her husband goes out with the guys for an evening.

The moral model (legalistic) advice:

1. The man knows that losing his temper isn’t right.

The moral model (legalistic) advice:

#### Qualification:

### Scriptural Compatibilities

### Scriptural Incompatibilities

## Relational Model

### Background

Widely used in the secular realm and pioneered by Dr. Freud. It is often called Psychotherapy and is characterized by a prolonged time commitment with a therapist.

### Presuppositions

Wrong actions, attitudes and feelings come from false beliefs, where any real change must occur.

### Healing

1. Identify the false beliefs.
2. Replace with true beliefs.
3. Act in faith.
4. Gradual change in habits, thinking, attitudes and feelings result.

### Scriptural Compatibilities

See “The Role of Identity in Sanctification”, “Indicative/Imperative”, “Role of the Sinful Nature in Sanctification” (Total Depravity),

### Scriptural Incompatibilities

An over-reliance on “feel the pain” (see Gen. 1:2 in “Sin of Adam”).

Ankenman’s critique: you don’t need to dwell on the past in order to experience healing by practicing victorious love output, although past history is significant and often critical to understand the immaturities at work.

Crabb is biblical, although he is a psychologist, so his exegesis is silly, at times. (See Gen. 3 in “Sin of Adam”.)

Crabb is unacquainted with healthy Body Life, although he understands healthy Christian relationships are foundational, so his relational models are weak (see “Connecting”).

## Love Therapy

### Background

Dr. Ralph Ankenman was a non-Christian in a liberal Christian denomination when he was saved by Southern Baptists in Cedarville, Ohio, home of Cedarville Seminary. He was discipled by an old hillbilly female Baptist who understood mature, sacrificial love. . After serving as a Missionary Medical Doctor in Bangladesh for 15 years, he noticed how non-Christians in an impoverished and suffering culture were often more well-adjusted emotionally than Christians living in the United States. While working earlier as a Resident in a Philadelphia inner city hospital, he observed the connection between family relationships (or lack of) and physical ailments. He returned to OSU to become a psychiatrist in the late 1970s when he was “discovered” and began teaching at Laymans Challenge for Today, an early Xenos ministry. Dr. Ankenmen teaches a novel blend of secular and biblical counseling, which he dubbed “Love Therapy”.

### Presuppositions

“The key to emotional health is victorious love output.”

**Secular Aspects:** mature love is inherently practiced in the family model, although with fallen imperfections.

**Biblical Aspects:** the “primacy of love” is recognized and extended into all sorts of emotional disorders, including many physical illnesses.

Work Substitute:

Work-for-Love:

Infantile:

*Tramps*

*Thugs*

Diffuse:

Tribal:

Victorious Love Output:

### Healing

Healing involves a gradual maturing process from Infantile Love to Spiritual (God’s) love.

1. Infantiles need to learn mature love, as either Work Subs or Work-for-Loves. Tramps and Thugs may require catering to their immaturities (nurturing) in order to make them “feel loved”, and build some artificial “significance”, but Princes and Princesses need to convert their artificial “significance” into real “substance” which characterizes a mature view of the world.
2. Work Subs need to practice emotional love and step down from their territorial thrones of power. They understand “substance”, but only in a tribal world, so they need to build “substance” and discover “significance” outside the tribe.
3. Work-for-Loves need to stop manipulating, whining, and living as martyrs (simmering volcanoes). They need to start *practicing* biblical discipline. They need to outreach beyond their Tribal world with sacrificial love.
4. God’s Love: the ultimate model of mature, sacrificial love practiced by Jesus on the cross, and the perfect picture of *Victorious Love Output*.

### Scriptural Compatibilities

\*Eph. 4:28 – the heart of change.  
  
1 Thes 4.

### Scriptural Incompatibilities

Ankenman did not understand Identity truths very well, which is foundational to change.

# Conclusions

1. The Crabb and Ankenman models seem to be complimentary and the best way to understand sanctification *at a practical level.*

*Which means:*

1. The Bible seems to be the best way to understand sanctification *at a spiritual level.*

*Which means:*

1. Pursue a practical, spirit-led, and biblical approach, discerning the differences described in \*1 Thes. 5:14.

*Which means:*

1. Resist rigidity.

Do not simply “tell” people what we think-- listen and draw people out.  
  
  
*HOW:*

People bring too many variables.

1. Know your tendencies as counselor.
2. Conferring with mature Christians is essential.

**Assignments**: read “Listening, Conferral and Counseling” handout and know the differences between gossip and conferral.

## Examples to illustrate the model

### DISHONESTY PROBLEMS

Why do I lie (actively or passively)?

What false beliefs are operative when I do this?

What is actually true?

How should I respond (present myself) to the truth?

### SEXUAL IMPURITY

Why am I enslaved to sexually immoral relationships?

What false beliefs are operative when I do this?

What is actually true?

How should I respond?

### SINFUL ANGER

Why do I get angry and lose my temper?

What false beliefs are operative when I do this?

What is actually true?

How should I respond?