guidance

listening

Encouragement

helping people to reach a cons

***counseling*** is the provision of assistance and guidance in resolving problems and difficulty whether  they be personal social psychological emotional or spiritual.

**biblical counseling :**a person helping another person  to grow towards wholeness in christian relationship with God.

the counselor helps the client identify what the problem is

to improve communication skills and coping skills  and improve  his or her personal self esteem.

 self esteem

promote behavioral changes that brings the person into wholeness or a point where they need to be.

synonyms of counseling: **coaching ,therapy , mentoring**

**counseling is more socially oriented**

**whereas the rest are more individualistic and goal oriented**

<https://quizlet.com/40752723/theories-of-counseling-flash-cards/>

Freud : psychoanalysis

Frank : existentialism

Carl R: client Centered

Glass: realism

Skimmer : behaviorist

**Creation               VS              Evolution**

|  |  |
| --- | --- |
| God [based  the bible | Man[humanism] |
| truth is absolute and principles must be followed | human theories |
| goal is spiritual maturity: if the person aligns himself with the will of God , he becomes better.  Is it necessary to | truth is relative |

Humanism: what ever makes me feel better is good , it makes man the god of himself.

**Requirements or characteristics or qualities  of a  biblical counselling**

TEXTS: Romans 15:14  , Gal 6:1-2

1. Filed with the spirit
2. Filled with knowledge
3. Able to counsel
4. Full of Goodness

***1. Spiritual:(****personal quality****)***

**1 cor 2:14-16 , 1 cor 1:1-3**

1. *A spiritual man is born again -He is a Christian John 2:8*
2. *Maturing in Christ [Philippians 3:13-15]*
3. Filled with the spirit. To be under the control of the HOLY SPIRIT, the spirit controls your life and you live under the influence of the spirit Eph 5: 18
   1. IF you are full of the spirit the spirit leads you Rom 8:16 , Luke 1:4
   2. you walk in the spirit and don’t fulfill the desires of the flesh Gal 5:16-19
   3. bearing fruits of the spirit Gal 5:22 [ naturally you begin to exit good behavior traits]
   4. empowered by the spirit [luke 4:1-6
   5. you will be operating under the anointing
4. **GOODNESS :[***CHARACTER QUALITY]*not good in terms of competence but character. moral virtue 2 peter 1:5  also called moral excellence or goodness or virtue or good character. the counsellor is supposed to have a good moral excellence
   1. gentleness *1 Thessalonians 2:7*
   2. humility   *James 4:6*
   3. love *1 Corinthians 13*
   4. compassion *1 john 3:17*
   5. meekness *Psalm 62:5*
   6. dependability   Psalm 15:14
   7. forgiveness   *Ephesians 4:32*
   8. generosity   2Cor 9:6
   9. truthfulness  Eph 4:25
   10. patience   Rom 5:3-4
   11. loyalty   *John 15:13*
   12. obedience   *2 Cor 10:5,6*
   13. contentment   *1Tim 6:6-8*
   14. wisdom *Prov 9:10*
   15. courage /boldness   *Acts 4:29*
   16. discretion  *Prov 22:3*
   17. faith    *Hebrews 11*
   18. gratefulness   1 Cor 4:7
   19. hospitality   Heb 13:1
   20. joyfulness Prov 15:13
   21. reverence Prov 23:17
   22. self control *Gal 5:24-25*
   23. sincerity   *1Peter 1:22*
   24. Just *Micah 6:8*
   25. sensitivity *Rom 5:15*
5. **KNOWLEDGE [***FUNCTIONAL QUALITY]  Col 1:9,10      Col 3:16 if the word does not fill you up , you cannot teach others. you err no knowing the scriptures . Knowing the scriptures and the Word. NB its your biblical view about this topics*
   1. Must have a high view of the scriptures; must see the importance of the scripture and have a view that the scripture is authoritative in every issue.
   2. The absolute sovereignty of God.: let the person know that God created allotting , governs all things , knows all things ,understands and sees all things and has answers to all things. this makes sure that no problem overwhelms you.
   3. Redemptive oriented counsellor : understand that the problem of man was sin and Christ came to redeem man
   4. Exaltation of Christ
   5. Church Accountable:  help the person take church seriously
6. **ABILITY: (**EXCEPTIONAL QUALITY**)** competence /skill

NB: WHEN YOU LIVE WITH PEOPLE FOCUS ON THIER STRENGTH.

**BIBLICAL UNDERSTANDING OF PROBLEMS**

JOB 14:1

job 5:6-7

problems are facts of lives and everyone will and faces problems everyday. the desires of man is always to overcome a problem. inability to handle creates suffering

NB: there are certain things you suffer because of your faith.

NB : becoming a christian does not exempt you from problems.

disorders are another name for problems

ORDER is the revelation  of the existence of God. Disorder creates pain and shows that something is out of place and dysfunctional.

**what are problems**

**nature or scope of problems :**

*MAN:*

1.Spirit:

* *man’s nature*
* *conscience*
* *intuition*
* *communication*

2.Soul:

* mind (Intellect)…most problems are mental disorders thus the way of thinking is not biblical or logical or reasonable
* emotions (feelings)
* will (Decisions)

3.Body:body carries the choices our trough the five senses and other motorary parts

impulsive behaviors are demonic and demons enter to people and make the do it.

PROBLEMS OF NATURES: like natural disasters

1. God
2. Satan

OTHER PEOPLE:

     1. social problems: thus problems related to relationships. Anytime you are dealing with emotional problems , you need to help empower the person to deal with the problems

James 1:2 ..NB : understand that problems are diverse and come from different kind of places.

NB: read Genesis 1

**CAUSE OF PROBLEMS**

The Problems we have in this world is from SATAN .SAtan is the source of ALL man’s problems

1 John 3:8

Satan is the cause of man’s problems and Jesus came to destroy his works.

Eph 6:16

Satan is going about creating problems and looking for people to destroy.

**primary cause of Humans Problem is**

**a.sin:**

satanic forces of Destruction:

1. Sin
2. Sickness
3. Poverty

the

***b. Fallen world***

God cannot will to do anything which is contrary to his nature.

the existence of God makes the earth to still exist , Satan would have destroyed the world long ago.

***C. Man’s ignorance***

***D. The law of Sowing and Reaping (self foolishness or human error)***

**E.Christians can suffer persecutions by reason of their faith**

***PURPOSE OF PROBLEMS:***

*James 1:1-5*

**1 . Problems develops us  and makes us better people ..  Rom**

the problem finds a way to bring something good to your life.

*"Every adversity carry with it  a seed of equivalent benefit “ Napoleon Hill*

problems develops Character in us.

1. It proves the stuff you are made up off . 1 Pet 1:5-7; it shows the kind of person you are
2. Move you to trust God. So that you’ll will not trust in self. It makes you know that you need God. 2  Cor 1:3-10 | | 2 Cor 12:6-10
3. makes one to become a blessing
4. As a testimony and as a witness that we are children of God. Math 5:10-11.
5. when Christians suffer it gives God, the right to punish the world of sinners. 2 Thessalonians  4:1-7

**problem solving skills**

**GAP[find]**

**GOD”S ANSWER TO HAVING PROBLEMS**

1. **Absolute sovereignty of God**

* **control : Acts 15:18.. EL ELION- GOD MOST HIGH**
* **Rulership**
* **Power**
* **Authority**

**your view of GOD is big thing. they that know their GOD , shall be great and do exploits**

**The essence of God and the Attribute of God.**

 Eternal -self existent :

GOD is spirit

God is immutable

GOD is INVISIBLE

*non moral attribute*

OMNI -POTENCE

OMINISCIENCE

OMNIPRESENCE

*moral attributes*

GOD IS JUST

GOD IS GOOD

GOD IS RIGHTEOUS

*you seek by turning lights on*

*life is not always straight forward and principle and results oriented*

*the best option is to obey God and stay in His will, nothing in this world is straight forward or just sowing and reaping.*

KNOW GOD: MAJOR TASK.

it's your  perception and what you see in the spirit.

what ever God does not he will certainly tell you.

work on the ability to perceive;

Always look at the big picture.

1. **A higher view of the SCRIPTURES**

**the rules of the commandment of evangelism and biblical counseling is that “THAT  THOU SHALL NOT PLAY GOD "**

**is not every person you can win and is not every person that you can help.**

the scriptures is inspired therefore and is't infallible and inerrant .: 2 Tim 3:14-17: the Bible is God breathed , and without mistakes , absolute truth and it should be taken as from God. its the foundation on which biblical counseling is established

Math 24:35,

Mark 13:31

**Psalm 119:97-100— 1 month soaking morning scripture**

**NB: as a counselor you can not help people with worldly wisdom.**

1. **the scripture provides regeneration**
2. **builds up**
3. **builds faith**
4. **gives overcoming power of sin ,addiction and anger**
5. **provides comfort**
6. **provides peace**
7. **sickness**

**your perception of the scripture must be so High that you see it as the practical source of solution to every problems.**

**NB: DONT TELL PEOPLE WHAT YOU DON'T KNOW, IF YOU DON’T KNOW REFFER PEOPLE TO OTHER PEOPLE WHO CAN HELP.**

1. **Redemptive Oriented** :
   1. restoring man back to GOD: see every time someone comes to you to share his or her problem , see that as an opportunity to bring that to Christ..
   2. strengthening faith in GOD.
2. **Church Accountability : must believe that counseling rightly belongs to the church of Jesus Christ and that the church is set up for such purposes. any counseling that does not promote peoples commitment to church and church activities is not biblical counseling. The accountability relationship is what straightens you up. *Ephesians 5:11-16***
3. ***Christ Centered:****—> your focus should always be Chrst. It’s not focused on you or  the counselee but on CHRIST. Christ must be exalted. Philippians 1:20*

**Principles of building healthy relationships. [Rom 12:17-21 ]**

1. *Law of Non Retaliation vs.17*
2. *Non Hostile attitude vs. 18*
3. *Law of Divine prerogative vs. 19*
4. *Law of non hostile behavior  vs. 20*
5. *Spiritual priority vs.21*

*if you want to do things God’s way, he steps in . If you fail to do things God’s way you kick God out of the situation and he doesn’t come in to act.*

***PRINCIPLES OF COUNSELING***

1. *Building Trust : it involves building credibility with your client*
   * credibility is built by character : a person that can keep confidential information
   * competence :ability to help the client
   * care:you have passion and care for the client
2. Proper Approach and Rapport
   * create a healthy environment: develop friendliness and be courteous to people os they can talk to you.
   * bond with the person in a proper manner
   * don’t look down on people or over rate the person. always maintain a positive image or a sober reflection of your self so that you treat everyone with respect without looking at your self as a "grasshopper."
3. Gathering of information or facts: you need to know  the person and the situation for which the person is seeking help. you give the person the opportunity to talk
   * Develop a good listening skill  [James 1:19-21]:listen empathetically , listen with interest and passion. that’s not the time to do something different. listen and take notes so you don’t skip important points. Always take notes
   * probe further to gather more information buy asking open ended questions and do you best to observer mannerism and non verbal cues the person might be giving. Sometimes what is said and what is mean’t might be different. sometimes repeat key things to make sure they really mean what they are telling  you or that you got what they  mean’t by what they said.
4. Diagnose problem and probable causes : this is a skill you need to learn by ;
   * the Holy Spirit talking to you about it: you can perceive the thing deeply within you
   * Discernment        ***1cor 12:***
   * Intuition
   * Detection

NB: until you have the HOLY SPIRIT talking to you about the cause or the gift of DISCERNMENT , don’t jump into conclusions.

What ever problems your client brings the source is satan but the cause is different.

But don’t assume that any problem anyone has is caused by sin.

**Causes of Problems**.

* find out if a client is saved , water baptized and holy Ghost baptism.
* A person’s commitment to God, church attendance ,Tithing , involvement in any  ministry,
* Character ,tongue temper and thighs [sexual problems, seat of emotions

1. Offering Help :
   * always start by offering hope to your clients ; hope is not a lie or a motivational talk , it’s based of facts in the bible. Hope is the anchor of the soul, faith is the substance of things hoped for, without hope there is no faith. Everyone that comes to you must know that there is hope , know that God is sovereign powerful and can do everything.  Know that if God is in the situation , it can change. Eccl 9:4 . find scriptures to help them and offer hope to them.
   * Provide biblical solutions
     + Know How: people need to know how to go about it 1 Thessalonians 4:1, **Ecclesiastes** 10:15
     + you have to be familiar with scriptural promises  and precepts: find scriptures that show them God’s promises and precepts and let them read for themselves rather than quoting it
     + You have to be praying  for the client and intercede for her and pray with him or her also in their presence.

**PITFALLS OF CLEINT**

1. *Client: avoid situations where by the client depends on THE  COUNSELOR*
2. *Avoid creating situations where the client Falls in Love with the counselor*
3. *avoid clients Failure to finish the session , especially when things begin to look better*
4. *The clients misunderstand their need and have a preconceived motion of what their problem is.*
5. *Avoid apathy , that makes the client not take the counseling seriously.*

**PITFALL OF THE COUNSELOR**

1. Prejudging : don’t make up your mind before you even sit down with the person
2. self condemnation: comparing yourself with the client negatively
3. Don’t play smart and try to depend on your wisdom, use God’s Words
4. don’t become emotionally attached  or attracted to the client
5. don’t have too much compassion
6. don’t side with the client against another especially in his or her absence. don’t side with your client or one party. Be honest with the person without any condemnation without listening to the person
7. don’t make decisions for them , never make their decisions for them : thou shall not play GOD. it’s very dangerous.

**GUIDLINES**

1. build confidence in  God and operate in the ability that God gives you: take their case to God in prayer.
2. understand the scripture is always right: know what the bible say about everything
3. the client is always responsible for his or her behavior. non of us can blame others .the law of proactive behavior and divine prerogative
4. there is always a biblical Christ honoring response   the client is capable of choosing
5. Avoid messianic mentality , that shall not play GOD. don’t have the mentality that everything is right with you, always have a sober mentality and perception about your self. let people that God has helped you and that you also growing and working on your own salvation with fear and trembling . don’t let them feel that you are too perfect .***Galatians 6:1, 1Corinthians 12:1…pride and arrogance sets you up for temptation.***

***Salvation counsel [****how to counsel a new convert / new christians/backsliders]*

what does anew christian

need to grow

THE 5 CREED

1. I will read my bible daily
2. I will pray constantly
3. I will attend church services regularly
4. I will win souls for chart enthusiastically
5. I will give generously to support God’s work

***salvation and counselling fallen or backsliders***

1. *The standard is Don’t sin 1John 2:1…*you can’t make sin a practice
2. *Know  the* ***possibility*** *of christians falling into sin Gal 6:1, Eccl 7:20  1 John 2:1*
3. *Entangled in sin and wallow deep into it.   Heb 3:12-13*
4. *Difficult to restore such a person****Heb 6:4-6***
5. ***Restoration of fallen christian is a great Job. James 5:19-20***

***How  to restore Fallen Christians. Gal 6:1***

1. **pray fervently**  for them 1  John 5:14-16 James 5:15-16
2. Reach out to him or her with proper approach Gal 6:1-2
   1. the spirit of meekness : your success depends on your attitude
3. Don’t be Judgmental and don’t compromise [ don’t treat sin as though it doesn’t matter, attack the sin and not the person. distinguish between the sin and the sinner] {don’t compromise , don’t say, it doesn’t matter. It does matter
4. Share with the person God’s forgiveness
5. Bond : restore the christian to fellowship

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Extra NOTE:1. Helping Client to Admit Problem

- Sin Thrives in SECRECY

  - pro 28:13 -> Confess: Agree with your mouth

  - eph 5:10-11

2. Salvation (new birth) : Freedom REQUIRES - POWER

  - Recreation (generation) eze. 36:25-7   - PRINCIPLES

  - Redemption jhn 8:36 (Jesus) jhn 8:32 (Bible) 2 cor 3:17 (Spirit)

3. Church Factor

heb 12:23-25

  - Covering - hos 12:13, jer 3:14-16

  - Fellowship

4. Acountability Relationships

- Companionship - Association

  - ps 101, pro 1:10-16, 2 cor 6:14-18, 1 cor 15:33

- 1 cor 5:9-11

5. Abstinence

-> Avoidance 1 thes 4:3

  a. Appearance of evil 1 thes 5:22

  b. Breaking away matt 5:27-30

Principles of Growth

6. Developing habits of change  (5 principles of christian life)

7. Utilizing the Power of confession

  a. confession of Christ to yourself rom. 10:9-10

  b. confessing of faults with the brethren james 5:15-16

  c. confessing of faults to God pro 28:13

  d. confession of Christ to others matt 10:32-33 (declare identity)

  e. confession of Faith heb 10:23

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ASK FOR REMINDER OF THE NOTES

Addiction/meditation /marriage

1. Helping client
2. New birth
3. Church Factor : principles of growth
4. Accountability relationships (association):::fellowship with good people  [2 Cor 6:14-18 , 1 for  15:33 ]. who is your friend , those your friend know you are into this thing, can your friend confront you, does your friend has the right to rebuke you?.

NB: light and darkness don’t mix, one will eventually overtake the other .

separate is not isolation , its separation: 1 For 5:9 -11:

 they are not people you share with and impact your life,

we embarrass everybody and share freely with everyone one but we don’t mix with it.

you cannot break from any bad habit if  you maintain association with people or things that promote such behaviors

1. Abstinence  also means avoid :

* abstain from all appearances of evil  **1Thes. 5:33**
* breaking away  Matt 5:27-30

deliberately break from anything that solicits and entices such behaviors .

stay away  from , avoid ,throw away , reject. If I am an alcoholic , I avoid all liquor store ,or bar ,

Anything that has the potential to draw you to evil, don’t play with it.

Identify the sources of your problem and don’t go near them. Deliberately avoid what triggers it. Math 5:27-30

1. Developing positive habits of change and empowerment. [sources of spiritual power ]

* reading the bible regular daily basis
* praying constantly
* attend church services on regular bases

1. Utilizing the power of confession

* confession of Christ  Romans 10:9 -10 [your believe in Jesus is not a one thing, you must let the person confess Jesus as Lord and personal savior
* confessing of faults to brothers [ if anything happens  talk to someone : your accountable person know ]there are certain people in your life that you need to talk to … confess to brethren
* confessing to God 1John 1:8-10  Proverbs 28:13
* confessing Christ to others Matt 10:32-33 [it goes into declaration of identity ]
* Postive confession [confession of faith] Heb 10:23 confess and declare your freedom in Christ .this prevents you to be in a compromising  situation when you declare your identity in public to all your acquaintances.

**MEDIATION**

**1 corinthians  6:1-8**

**BIBLICAL BASIS**

1. *Christians case are not to supposed to be sent to the court of  unbelievers :*

* *Christians are to Judge the word and to vice versa: by God’s ordinance christians are not supposed to be judged by the world*
* *Christians will Judge Angels*
* *it's a lesser evil for me to be wronged than take my case to the law , God disdains this*

1. *Christians must be competent enough to deal with the Case :* Matt 18:15-17

**Process of conflict Resolution**

1. Go to the offender privately to discuss the issue: Luke 17:3 , if he/she accepts his faults  , forgive
2. 3rd party mediator
3. Church [church board or the leaders of the Church ]{the  church is the final authority in Resolving cases} John 20:23 *when the church’s judgment on anything is the final say and authority to be upheld.*

***christian values :***

1. reconciliation [matt 5:25], Math 5:9 : follow peace with all men: it’s a demand on christians to be at peace with people in the churhc

**HOW TO MEDIATE**

    QUALITIES OF A MEDIATOR

1. you must be impartial  :make sure you have no conflict of interest, if there is an issue of conflict of interest ,remove yourself
2. Don’t be prejudiced and don’t prejudge 1 Cor 4:5
3. Don’t play God  1 Cor 4:5: you are representing God , but you are not God

**1.Hear Both Parties :*don’t crush the person till you have hear his or her account very well***

1. ***Make a decision to never Pass Judgment accusing one and excusing the other .:*note your goal is reconciliation and peace , don’t judge anything in human terms**
2. **Every situation , if you listen carefully , you’ll find out that both are wrong some way somehow. Most times , either someones actions were wrong or someones response was wrong. NB: take note of what everyone is saying and take note , finding out what scripture says about each action.**
3. **Draw from them , what went wrong and what they could have done  differently**
4. **Point out proper or appropriate biblical behavior and response : let them open scriptures if time permit**
5. **eventually bring them back to repentance and forgiveness**

**MARRIAGE**