

DO WE REALLY NEED HELP?

INTRODUCTION

- Welcome and Prayer
- Introduction & Background
- Overview and Format



COURSE OUTLINE

August 2	Lesson 1	Do We Really Need Help?
August 9	Lesson 2	The Heart is the Target
August 16	Lesson 3	Understanding Your Heart Struggle
August 23	Lesson 4	Following the Wonderful Counselor
August 30	Lesson 5	Love – Building Relationships in Which
September 6	Lesson 6	God's Work Will Thrive
September 13	Lesson 7	Know – Getting to Know People;
September 20	Lesson 8	Discovering Where Change is Needed
September 27	Lessons 9-10	Speak – Speaking the Truth in Love
October 4	Lesson 11	Do – Applying Change to Everyday
October 11	Lesson 12	Life

WE ARE A NEEDY PEOPLE

- We are not able to properly handle our situation and interpret the facts without outside help.
- This is seen at creation (Gen. 1:26-28), the fall (Gen. 3:1-7), and redemption (Heb. 3:12-13)
- Hebrews 3 shows the progression of someone at risk of falling away from the Lord.
- The author quotes from Psalm 95:6-11, recounting events recorded in the Book of Numbers.
- What is it that prevents this from happening? (v. 13) Cf. Heb. 10:22-25; 1 Thess. 5:14-15.
- All of us are givers of counsel, and all of us are receivers of counsel/advice (see diagram)
- See Study Guide, pp. iii, 3

WEEK ONE CONCEPTS AND OBJECTIVES

- **C**oncept: Our need for help is not the result of the fall, but the result of being human.
- **P**ersonalized: I need truth from outside myself to make sense out of life.
- **R**elated to Others: I need to learn how to be one of God's instruments of change for others.

WEEK 1 VIDEO: "DO WE REALLY NEED HELP?" BY TIMOTHY LANE

DISCUSSION

- If you were asked to write down a distinctly biblical definition of discipleship or personal ministry, what would you write? (Study Guide, p. 3)
- Tell about a time you responded not to the *facts* of a situation, but to your *interpretation* of the facts. Did you realize it at the time? (Study Guide, p. 10) Examples might include an argument with a friend, an illness, a sudden change of plans, financial hardship, emotional trauma, etc. Note the example of David in 1 Sam. 30. Maybe you responded with anger or panic. How did God broaden your perspective?

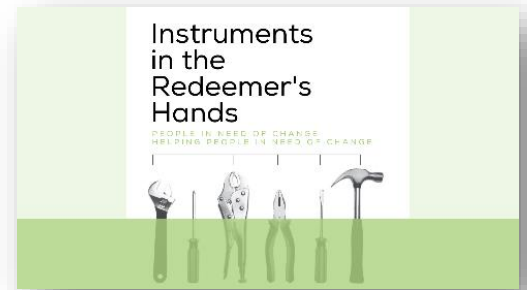
HOMEWORK

- Obtain a copy of the *Instruments in the Redeemer's Hands* Study Guide
- Optional: purchase a copy of the full sized book *Instruments in the Redeemer's Hands*
- On your own, finish answering the questions in Lesson 1 of the Study Guide (pp. 9-12)

THE HEART IS THE TARGET

INTRODUCTION

- Welcome and Prayer
- Review and Introduction



GETTING TO THE ROOT OF BEHAVIOR

- Luke 6:43-46 - The centrality of the heart as the root of behavior. See diagram.
- What are common problems and counseling issues “above the line”? What’s going on underneath?
- Mark 7:20-23 - what comes out of the heart is more important than what goes in.
- The world says, “Follow your heart.” The Bible says, “the heart is deceitful” (Jeremiah 17:9-10) and that you must “guard your heart with all vigilance.” (Prov. 4:23)
- Nature versus Nurture? Which causes behavior? Note: there is a difference between “root cause” and “shaping influences.”
- Ezekiel 14:1-5 – idols of the heart corrupt us and obstruct us from seeing things properly.
- Matthew 6:19-24 – whatever you treasure will rule your heart.
- First, we must allow the gospel of Jesus Christ to fundamentally change us (2 Cor. 5:17; Rom. 6:6-7). You can’t truly counsel an unbeliever. You want to evangelize them.
- The heart is deceitful. We may not always know or understand what’s going on, especially at first. Thankfully, God, his word, his Spirit, and wise counsel can rescue us! (Prov. 20:5)
- Story of Thai soccer team trapped in cave (see *The Rescue* documentary or *Thirteen Lives* drama)

DIAGNOSTIC QUESTIONS – DISCOVER WHAT’S GOING ON IN YOUR HEART?

- What kinds of words come out of your mouth? Including social media? (Matt. 12:34-37; Lk. 6:43-45)
- Where does your money go? (Matt. 6:20-21) “Give me five minutes with a person’s checkbook, and I will tell you where their heart is.” -Billy Graham
- Much of what we do can be out of a fear of man, but how do you behave when it is entirely “unfiltered”? (Gal. 1:10; 1 Thess. 2:4)
- How’s your private prayer life? (Matt. 6:6)
- Read God’s Word and ask God to expose your heart (Hebrews 4:12-13; Psalm 139:23-24)

WEEK TWO CONCEPTS AND OBJECTIVES

- **C**oncept: The heart is active. It shapes and controls our behavior.
- **P**ersonalized: I must identify what effectively and functionally rules my heart.
- **R**elated to Others: I must be committed to be an instrument of heart change in the lives of others.

WEEK 2 VIDEO: “THE HEART IS THE TARGET” BY TIMOTHY LANE

DISCUSSION

- A word about confidentiality and providing a safe space for discussion and edification.
- What stood out to you in the video – something thought provoking or insightful?
- Can you think of a time where heart-level change occurred in your life? That “aha” moment or season where God gave you victory over temptation, re-wired desires, gave you a new perspective, or helped you overcome a bad habit?
- Give examples (good or bad) of your heart overflowing in your words and deeds. What kind of fruit stapling have you tried? When have you seen real change? (Question #2 in the Study Guide, p. 21)

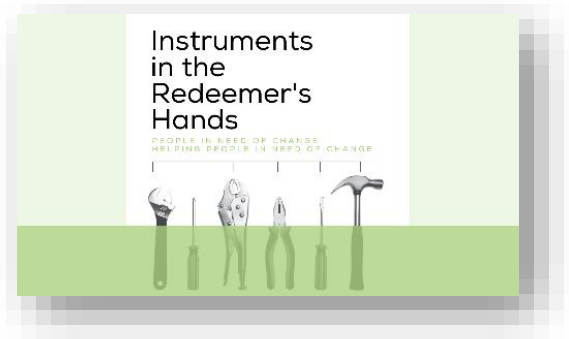
HOMEWORK

- Complete the remaining questions in the “Make It Real” Section (pp. 20-24)
- Read Lesson 3 of the Study Guide (pp. 25-34) to prepare for next week’s lesson.

UNDERSTANDING THE HEART STRUGGLE

INTRODUCTION

- Discuss p. 24 "Write your best definition of what it means to function as one of God's instruments of change..."
- Welcome and Prayer



THE HEART IS THE INNER PERSON

- Notice what the heart does:
- Luke 2:19 _____
- Proverbs 16:1 _____
- Numbers 15:37-39 _____
- Proverbs 15:13 _____
- 2 Chronicles 29:31 _____
- As we have seen, this inner person is what drives behavior (Lk. 6:43-46; Mt. 6:19-24; Prov. 4:23)

WHAT CAUSES QUARRELS AMONG YOU?

- See James 4:1-10
- "Passions" (ἡδονή) refer to things that delight, bring pleasure, have an agreeable taste or sensation
- These desires wage war when wants lead to needs, and expectations become demands.
- As counselors, we can sympathize with those who experience disappointment. But this does not give them an excuse to sin (anger, worry, exasperation, disrespect, harshness, arguments, violence)
- Change begins as we humble ourselves, pray, and submit to God.

KEEP IN STEP WITH THE SPIRIT

- See Galatians 5:13-26
- We are to be in lock-step and keep rhythm with the Holy Spirit
- There is an ongoing battle between our flesh (indwelling sin) and the Holy Spirit
- We are a work in progress. We struggle because God has not completed his work in us yet.
- P. 31 "Because the power of sin has been broken and the Holy Spirit has been given, we can say no to powerful emotions and powerful desires and be free to serve one another in love."

WEEK THREE CONCEPTS AND OBJECTIVES

- **C**oncept: The cause of my struggle is not the people or the situations in my life, but the 'heart' that I bring to those relationships and circumstances.
- **P**ersonalized: I must live with a willingness to examine the true ruling desires of my heart and to learn how those desires shape my responses to people and circumstances.
- **R**elated to Others: My effectiveness as one of God's instruments of change involves helping others to recognize and confess what really rules them.

WEEK 3 VIDEO: "UNDERSTANDING YOUR HEART STRUGGLE" BY PAUL DAVID TRIPP

DISCUSSION

- What are some expectations in your life, that when unmet, have led you to sin?
- Look up a few passages on page 33 and discuss.

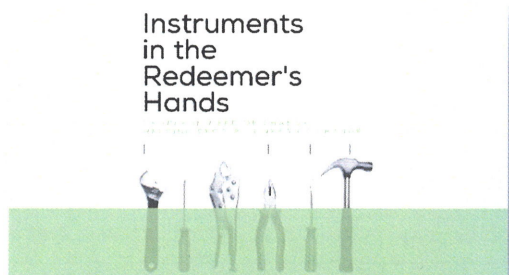
HOMEWORK

- Complete the remaining questions in the "Make It Real" Section (pp. 33-35)
- Read Lesson 4 of the Study Guide (pp. 37-44) to prepare for next week's lesson.

THE WONDERFUL COUNSELOR

INTRODUCTION

- Welcome and Prayer
- Take a few minutes at your table and work through one of the "Make It Real" situations on p. 33. Then share your findings.
- Imagine you develop a serious illness, and a friend offers to pay for you to see the top specialist in the world. What are some characteristics you would expect of a top-notch doctor?



THE WONDERFUL COUNSELOR

- This name appears in Isaiah 9:6-7, a passage we often associate with Christmastime. It is a reference to the Messiah. Each of these names encourage us in our intimate relationship with the Lord, and the deliverance he brings out of a place of deep spiritual darkness. Christ is our counselor (γυῖς). He is a trusted advisor or counselor. The word "wonderful" (κλῆς) intensified this, showing just how miraculous and out of the ordinary he is. Jesus is one who gives "marvelous advice" or is a "marvel of a counselor" (*Hebrew Aramaic Lexicon of the Old Testament*). This term "conveys great wisdom and ability, as when a king relies upon a counsellor for advice in time of battle" (Wegner). Cf. 25:1, 8. He is that friend who sticks closer than a brother, the one who listens, knows, cares, and is ready to lend his expert advice.
- We will talk tonight about following the example of the Wonderful Counselor. But before we do that, let's first make sure we are connecting people to the Wonderful Counselor. This is the very essence of biblical counseling. We're not so much trying to offer a person a bit of advice, some new and exciting technique, or a series of "how to's," as we are inviting them into closer walk with the Lord Jesus Christ.
- See handout on the Names and Titles of Christ. What hope and comfort these give as we counsel God's people and invite them to a closer relationship with Jesus Christ!

CALLED TO BE AMBASSADORS

- You are called to be an "ambassador" (2 Cor. 5:14-21). How does this make you feel?
- Ambassadors get from negative fruit to positive fruit not by fixing problems externally but by heart change. See Figure 4-1. "Serving as an Instrument of Change." Notice four elements of heart change...
- Love – Jesus did ministry in the context of relationship. Relationships are workrooms for God (Jn. 4).
- Know – Jesus got to know the people around him. Not just basic facts, but heart values (Mt. 22:15-22).
- Speak – Jesus helped people by speaking the truth in love (Matt. 4:23; 5:2; cf. Paul in Acts 20:20-21).
- Do – Jesus helped others to obey God and move in a different direction (Mt. 7:24-27; Lk. 11:27-28; Jn. 13:17). How practical and transformative are Christ's teachings!
- All four are necessary for the change process to be complete.

WEEK FOUR CONCEPT

- Effective personal ministry seeks to be part of what the Lord is doing in the lives of others by modeling the way he has worked in us. Are the things I do consistent with the example of the Wonderful Counselor? What is one way I could improve?

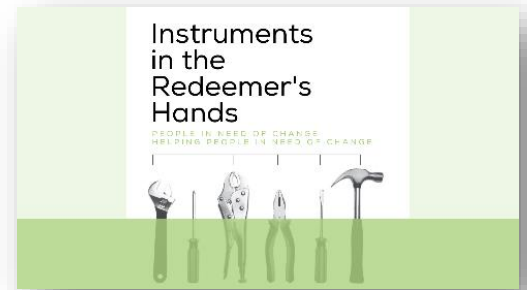
WEEK 4 VIDEO: "FOLLOWING THE WONDERFUL COUNSELOR"

HOMEWORK

- Complete the questions in the "Make It Real" Section (pp. 45-48)
- Read Lesson 5 of the Study Guide (pp. 37-44) to prepare for next week's lesson.

Name or Title of Christ	Description
Adam (1 Cor. 15:45)	The first Adam brought death through sin; Jesus, "the last Adam," brought life through His righteousness.
Alpha and the Omega (Rev. 21:6)	Jesus is eternal, "The Beginning and the End." Alpha is the first letter in the Greek alphabet, omega is the last.
Apostle (Heb. 3:1)	"Messenger." Jesus came to bring the good news of salvation to humanity.
Bread of life (John 6:35, 48)	Jesus is the heavenly manna, the spiritual food, given by the Father to those who ask for it.
Chief cornerstone (Eph. 2:20)	Jesus is the foundation of the church.
Chief Shepherd (1 Pet. 5:4)	The title that Peter called Jesus, indicating His oversight of His "flock," the church.
Christ (Matt. 1:1, 17; 16:16; Luke 2:11; John 1:41)	From the Greek word Christos, "Messiah" or "Anointed One." Jesus fulfills the Old Testament promise of a Messiah.
Consolation of Israel (Luke 2:25)	Jesus came to bring comfort to the nation (Is. 40:1–2).
Firstborn from the dead (Col. 1:18)	Jesus overcame death in order to give life to believers.
Firstborn over all creation (Col. 1:15)	As God's Son, Jesus rules over everything that exists.
Good shepherd (John 10:11, 14; compare Heb. 13:20)	An image that Jesus used to describe His relationship to His people.
Head of the body, the church (Eph. 1:22–23; 4:15–16; Col. 1:18)	Jesus is the leader of His people and the source of their life.
High Priest (Heb. 3:1)	Like the Old Testament high priest, Jesus stands between God and people to offer an acceptable sacrifice for sin.
Holy One of God (Mark 1:24; John 6:69)	Jesus is the sinless Messiah promised by God.
I AM (John 8:58)	A name by which God made Himself known to Moses (Ex. 3:14), related to the verb "to be."
The image of the invisible God (Col. 1:15)	Jesus expresses God in bodily form.
Immanuel (Matt. 1:23)	"God with us" (Is. 7:14).
Jesus (Matt. 1:21; Luke 1:30; Acts 9:5)	The name that God instructed Joseph and Mary to call their Son.
King of kings and Lord of lords (Rev. 19:16)	The formal title that Jesus has received, indicating His supremacy as the one to whom "every knee should bow" (Phil. 2:9–11).
King of the Jews (Matt. 2:2; 27:11–12; John 19:19)	As Messiah, Jesus is Israel's king, fulfilling God's promises to David (2 Sam. 7:12–16).
Lamb of God (John 1:29, 35)	Jesus became the atoning sacrifice for sin.
Light of the world (John 9:5)	Jesus brings truth and hope to light in the midst of spiritual darkness.
Lord (Luke 2:11; 1 Cor. 2:8; Phil. 2:11)	A title indicating ultimate sovereignty.
Mediator (1 Tim. 2:5)	Jesus reestablishes the relationship between God and people.
The only begotten of the Father (John 1:14)	Jesus is God's only Son.
The Prophet (Mark 6:15; John 7:40; Acts 3:22)	Jesus is the leader that God promised to "raise up" like Moses (Deut. 18:15, 18–19).
Rabbi (John 1:38; 3:2)	Friends and enemies alike recognized Jesus as Teacher.
Savior (Luke 1:47; 2:11)	Jesus came to save people from their sins.
Seed (of Abraham; Gal. 3:16)	God made promises to Abraham and his "Seed," whom Paul identified as Christ (Gen. 13:15; 17:8).
Son of Abraham (Matt. 1:1)	Jesus descended from Abraham and fulfills the promises of God to Abraham (Gen. 22:18).
Son of David (Matt. 1:1)	Jesus descended from David and fulfills the promises of God to David (2 Sam. 7:12–16).
Son of God (John 1:34; 9:35–37)	Jesus is one of three Persons of the Trinity (Father, Son, and Holy Spirit).
Son of Man (Matt. 18:11; John 1:51)	Though fully God, Jesus took on a human body (compare Phil. 2:5–8).
The Word (John 1:1; Rev. 19:13)	Jesus is fully God and therefore is the full expression of God.

LOVE PART I: BUILDING RELATIONSHIPS IN WHICH GOD'S WORK WILL THRIVE



INTRODUCTION

- Welcome, Prayer, and Review
- The ideal environment for growing healthy plants
- Now think about some of the features of a healthy, loving relationship. In what type of environment are you most likely to grow?
- Examples of healthy relationships: Ac. 4:32; 1 Thess. 2:5-12; Phil. 2:20; Ac. 20:18; Rom. 15:5-7.

CONCEPTS AND OBJECTIVES

- Concept: God always changes people in the context of relationships based on love.
- Personalized: I must build relationships in which love provides a context for God's work of change.
- Related to Others: Biblical love demands a higher agenda for my relationships than making myself and the other person happy.

GROWING IN OUR RELATIONSHIP WITH GOD

- Figure 5-1. The Relational Foundation for Ministry: Salvation as our Model.
- 1 John 2:12-13.
 - Spiritual Growth is needed. (1 Cor. 13:11; 14:20; Eph. 4:14; Heb. 5:11-14)
 - Little children – Sins are forgiven in Jesus' name. New life and most basic needs met. An early bond between child and father.
 - Young Men – Have overcome the evil one. Ongoing growth, victory.
 - Fathers – You know him. Spiritual maturity and intimacy with Christ. The Greek word γινώσκω speaks of knowledge by observation and experience, not just information or reflection.
- Sanctification chart. From Dead in Sin, to Growing in Christ, to Eternally Glorified!
- "Sanctification is the process by which God actually makes us what he legally declared us to be in justification – holy" (Study Guide, p. 52)

FOUR ELEMENTS OF A LOVING RELATIONSHIP

- Enter the person's world
- Incarnate the love of Christ
- Identify with suffering
- Accept with agenda

WEEK 5 VIDEO: "BUILDING RELATIONSHIPS IN WHICH GOD'S WORK WILL THRIVE"

- Ephesians 4:1-3 and importance of healthy relationships
- "Entry gates" into personal ministry – see pp. 55-56
- Colossians 3:15-17 and what we need to "wear" in personal ministry to help others.
- Prepare to be sinned against!

TABLE DISCUSSION

- If you're comfortable, share which person or group you chose in Lesson Four to be your Personal Ministry Opportunity, and how you hope to be of help. Don't feel obligated to share all the details. But in your own reflection, the more specific you get, the more practical these lessons will become.
- Think together of some ways you can build more loving relationships with those around you.

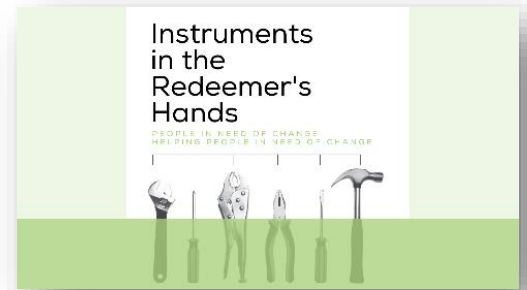
HOMEWORK

- Complete the "Make It Real" Section in Lesson Five.
- Read Lesson Six Study Guide to prepare for next week's lesson.

LOVE PART II: BUILDING RELATIONSHIPS IN WHICH GOD'S WORK WILL THRIVE

INTRODUCTION

- Welcome, Prayer, and Review
- How suffering helps us minister to others – personal example
- Four elements of a loving relationship



CONCEPTS AND OBJECTIVES

- Concept: God calls us to suffer so that we would be qualified agents of his comfort and compassion.
- Personalized: I need to ask, 'Where has God led me through suffering and what has he taught me through it?'
- Related to Others: I need to look for the sufferers that God has placed in my path. Have I functioned in their lives as God's agent of comfort.

THE REALITY OF SUFFERING

- Most counseling and personal ministry involves suffering. Most people who ask for prayer and need help are in some form of trial. And sometimes, it can get quite messy. "Welcome to the hospital"
- Suffering is a reality in a fallen world (Gen. 3:14-19; Job 5:7; John 16:33; Ecc. 5:15-17; Phil. 1:29)
- Suffering takes many forms (James 1:2-4; 1 Pet. 1:6-7; 2 Cor. 6:4-10; 11:24-29; Heb. 11:35-38). What are some common trials people face?
- For the believer, all suffering is temporary (Rom. 8:18-25; 2 Cor. 4:16-18; Rev. 21:3-4)
- Nevertheless, our suffering here on this earth can go deep. It's been said that all of us are either going through a trial, coming out of a trial, or about to enter a trial. Maybe even all three! You probably get a lunchbreak during your shift. And hopefully you get a day off from your regular job. But there's no "time off" where we are completely exempt from trials and can let our guards down. Only in heaven will we enjoy everlasting rest.
- God uses suffering to help us minister to others (2 Corinthians 1:3-11; Eph. 3:13; Phil. 1:12-14)
- Jay Adams: "Counselees will object, "But you haven't gone through the same problems I have." You may point out that Paul doesn't say you must. Paul assumes that the same comfort is to be found for one problem that may be found for another. God's comfort is God's comfort. It is the comfort that is similar—regardless of how problems may differ. This is true because the principles of comfort are the same whatever the problem may be. And the One from whom comfort comes is the same. After all, recognizing the sovereignty of a caring, omnipotent and omniscient Father who is in control of the universe and working all things together for your good (for example) is, in fact, comforting in any and all situations, isn't it?" (*Christian Counselor's Commentary*)

TABLE DISCUSSION

- Choose one trial from the list on the board
- Now go beyond the experience itself, and consider what might be the "entry gates" into the way a person interprets that trial. Remember, we learned on p. 49 that "an entry gate is not the problem or situation itself but the way in which this person is struggling with the problem. (It might be fear, anger, guilt, anxiety, hopelessness, aloneness, envy, discouragement, desires for vengeance, etc.)"
- Counsel will be needed along the way, but right now we're just focusing on building a loving relationship. What are some specific ways we can comfort those who are hurting?

WEEK 6 VIDEO: "BUILDING RELATIONSHIPS IN WHICH GOD'S WORK WILL THRIVE"

HOMEWORK

- Complete the "Make It Real" Section in Lesson Six.
- Read Lesson Seven Study Guide to prepare for next week's lesson.

WAYS TO COMFORT A FRIEND WHO IS SUFFERING

Pastor Stephen Jones

May 11, 2019

There are many reasons God may allow Christians to suffer, but according to 2 Corinthians 1:4, one of the main reasons is so that we in turn “may be able to comfort those who are in any affliction.” God is not necessarily disciplining you for some unrepentant sin. Satan is not always responsible for adversity and affliction. In many cases, your trial simply exists to draw you closer to God so you will then be able to comfort others. Trials are a kind of “care-giver boot camp”.

I can personally testify that on many occasions, God has used trials to grow my empathy toward others and my ability to pray for and counsel them. This is one of the benefits of the “gift” of suffering (Phil. 1:29).

This week, I began to jot down ways God can use us to comfort others, and before long, I had come up with over 80 ways. These can be broken down into three major categories – physical comfort, emotional comfort, and spiritual comfort. What would you add to the list? Think of a friend who is currently suffering. How might you comfort them today?

IDEAS FOR PHYSICAL COMFORT

- Mail or deliver a hand-written note
- Use the power of touch
- Bring flowers or a small gift
- Open a window or take them on a walk
- Bring a child along to visit
- Sing or play music for them
- Show a few pictures of family and share stories
- Bring a gentle animal along, such as a comfort dog
- Treat them with dignity and respect
- Smile
- Give them eye contact
- Laugh together
- Cry together
- Involve all five senses – taste, touch, smell, sound, sight
- Put yourself in their shoes and imagine what it might be like
- Make yourself look nice for them
- Send a care package with snacks, notes, and a small gift
- Take care of some practical need
- Look for both natural and medical ways to manage the pain
- Help them obtain the best medical care possible, while fixing their hope on God
- Get to know their likes and dislikes
- Surprise them with some random act of kindness or pleasure
- Look for simple ways to make them comfortable and preserve their dignity

IDEAS FOR EMOTIONAL COMFORT

- Ask how they're doing
- Send a text message
- Call them and let them know you're thinking about them
- Track and recognize a significant date on the calendar (e.g. birthday, anniversary)
- Read old letters or journal entries together
- Spend unhurried time together
- Love them “blindly” and unconditionally
- Ask kids to make a craft for them
- Read to them
- Talk about their hobbies and interests
- Play a game or do a craft or puzzle together
- Ask them for advice
- Ask them for help
- Discuss end-of-life decisions

- Thank them for the impact they've had on your life
- Get others to sign a card or note
- Be extra patient with them when they're irritable
- Set up clear boundaries – for their sake and yours as a care-giver
- Celebrate small victories
- Let them know you miss them
- Help them put off thoughts of guilt, regret, self-pity, and blame
- Beware of trying to “fix” them or give them unsolicited advice

IDEAS FOR SPIRITUAL COMFORT

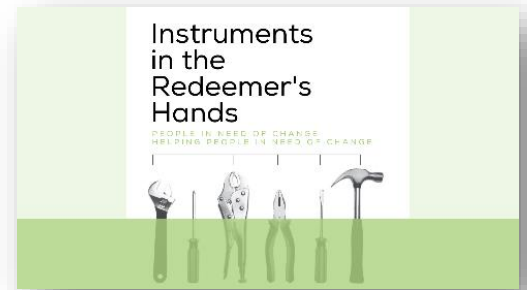
- Pray with them
- Ask how you can pray for them
- Ask what God has been teaching them through this trial
- Pray for them, then let them you're praying for them
- Remind them of the gospel, and how Christ came to put an end to sin and all its consequences
- Talk about your heavenly home
- Talk about the rapture
- Talk about the resurrection and glorified body
- Share something God has been teaching you from his word
- Recount God's faithfulness in the past
- Remind them Jesus is our high priest who can perfectly sympathize (Heb. 4:15)
- Remind them God still has a purpose for them here
- Talk about God's wisdom, love, and power
- Encourage them where you see God at work and evidence of grace in their life
- Treat them as you would treat Christ (Matt. 25:37-40)
- Ask the elders to serve communion to them and pray for them
- Provide videos that give mental and spiritual interest
- Encourage them to stay involved at church
- Read God's promises to them
- Talk about and pray for those who need the gospel
- Remind them no trial is wasted, but is only given when necessary (1 Peter 1:6)
- Ask forgiveness when you have done wrong, been insensitive, or let them down
- Pray the Spirit will bear the fruit of love, joy peace, patience, and self-control
- When appropriate, help them examine themselves and confess any sin
- Meditate on your identity and union in Christ (Galatians 2:20)
- Share missionary stories and Christian biographies
- Share counseling materials that can help bring comfort, guidance, and victory
- Help them recount God's many gifts and blessings
- Thank God that he has not treated us as we deserve. “Anything better than hell is a blessing.”
- Talk about and pray for the next generation
- Explain God's all-sufficient grace (2 Corinthians 12:9-10)
- Talk about Jesus, the friend who sticks closer than a brother (Prov. 18:24)
- Help them forgive anyone who has done them wrong, stomping out any root of bitterness (Heb. 12:15)
- Talk about God's perfect, final justice (Romans 12:19)
- Brainstorm ways they can love their enemy (Romans 12:20-21; Matt. 5:38-48)
- Point them to the means of grace (Bible intake, prayer, worship, evangelism, etc.)
- Help them develop a theology of suffering

“And we urge you, brothers, admonish the idle, encourage the fainthearted, help the weak, be patient with all” (1 Thessalonians 5:14).

KNOW PART I: ASKING GOOD QUESTIONS

INTRODUCTION

- Welcome, Prayer, and Review
- What are some ice breaker questions you like to ask?
- Years ago in evangelism training, I learned about ROCI questions – residence, occupation, children, interests
- Tonight, we are going to learn how questions help us in our disciple-making and counseling.



CONCEPTS AND OBJECTIVES

- Concept: Wise people are not only people with the right answers but people who ask the right questions. We cannot get to the right answers without asking the right questions.
- Personalized: I need to ask good questions and avoid making assumptions about people that keep me from doing so.
- Related to Others: I will look for opportunities to ask questions that move me beyond casual relationships and provide insight as to where ministry is needed.

THE NEED FOR GOOD QUESTIONS

- The heart is deep. It will take keen insight to draw out what's happening inside (Prov. 20:5)
- According to *All the Questions of the Bible* by Jimmie Hancock, there are 2274 in the OT and 1024 in the NT for a total of 3,298.
- The very first question in the Bible is asked by Satan (3:1). But in the next chapter, God asks a series of diagnostic questions (3:9-13). Satan's intentions are to confuse, while God's questions clarify and expose. Cf. 4:6. Mt. 16:13-20; 22:41-46.
- Asking good questions – see Study Guide pp. 71-73
- Personal examples: “when did you find out?” “how long did you continue in sin?”

TABLE DISCUSSION

Discuss together Case Study #45 from the Christian Counselor's Casebook. What additional information would be helpful? List as many questions as you can think of to penetrate deeper...

Bruce and Maggie appear with their daughter, Karen. The pastor is surprised; he expected only the parents.

Counselor: “Why are you here, Karen?” (Shrug of shoulders)

Mom: “I asked her to come. She and I can't get along and it is wrecking our home.”

Counselor: “Do you see a problem between you and mom?”

Karen: “Um, yes.”

Counselor: “Would you say there is animosity between you and Mom?”

Karen: (hesitating, then) “Much!!”

Counselor: Why is there this problem with Mom?”

Karen: “I don't know.”

Counselor: “Do you have this problem with anyone else?”

Karen: “No.”

Counselor: “Karen, you know that the Bible says you are to honor your mother. It is a sin not to. Do you see this as sin?”

Karen: “Yes.”

Counselor: “Why haven't you made a move to right this situation?”

Karen: “I don't know how.”

WEEK 7 VIDEO: “GETTING TO KNOW PEOPLE”

HOMEWORK

- Complete the Lesson Seven “Make It Real” Section. Read Lesson Eight.

KNOW PART II: WHAT DOES THE BIBLE SAY?

INTRODUCTION

- Welcome, Prayer, and Review
- How to Avoid Assumptions (p. 71)
- Four Steps to Asking Better Questions (pp. 71-74)



CONCEPTS AND OBJECTIVES

- Concept: Personal Ministry is not shaped by the facts you gather, but by the way you interpret those facts
- Personalized: I need to think in distinctively biblical ways about myself and the people God places in my path.
- Related to Others: One of the primary ways to function as an instrument of change is to help others think biblically about their situations and relationships, thoughts motives, and behavior.

THE IMPORTANCE OF USING BIBLICAL TERMS

- We are called to speak truth, and this involves accuracy and biblical thinking in language.
- In his article, "Watch Your Language," Bradley Beevers cautions us in the language we use..."Many of our common descriptions or definitions subtly agree with unbelieving ways of thinking. Like curse words, euphemisms have a world view built in. When the world calls adultery an 'affair,' has it not twisted the description to eliminate any moral evaluation and indignation? And the word substituted wasn't arbitrarily picked out of the dictionary. Adultery sounds sinful; affair almost sounds fun. The world is constantly looking for ways to make its behavior sound normal, acceptable, and right. Substituting 'sleeping together' for fornication eliminates any sense of disapproval. 'Sexually active' implies that restraint is passive, dull, or weak. What was once sodomy (from its first mention in Genesis 19) became 'homosexuality,' then 'gay,' then merely a 'sexual preference' [orientation] or 'alternative lifestyle.' Now even moral indignation at such perversion is pejoratively labeled 'homophobia.' [or hate speech]" (*Journal of Biblical Counseling* 12:3 [1994], p. 25).
- He goes on to recount a situation from two different ways of interpretation (p. 26)
- We want our language to be as precise and biblical as possible. Let's try this together...

Modern Expression	Biblical Alternative	Scripture
Alcoholic		1 Corinthians 5:11
I Messed Up		1 John 1:8-9
Depressed		Ps. 42:5; 2 Cor. 7:6
Low-Self Esteem		Eph. 5:29; Prov. 29:25
Apologize		James 5:16

FOUR CATEGORIES OF INFORMATION

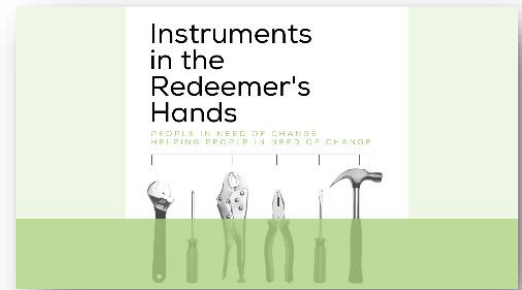
- The Situation – What's going on?
- The Response – What is the person doing in response to what's going on?
- The Thoughts – What does the person think about what's going on?
- The Motives - What does the person want out of what's going on?
- Spend a few minutes looking over the case study of John and Greta on p. 80

WEEK 8 VIDEO: "GETTING TO KNOW PEOPLE"

HOMEWORK

- Complete the Lesson Eight "Make It Real II" Section. Read Lesson Nine.

DO PART I: APPLYING CHANGE TO EVERYDAY LIFE



INTRODUCTION

- Welcome, Prayer, and Review
- The third step in following our Wonderful Counselor is to Speak the Truth in Love (Eph. 4:15). This involves loving confrontation and reconciliation (Matt. 5:21-26). Confrontation involves:
 - Starting with ourselves
 - Understanding why people need to be confronted
 - Speaking with God's goals in view
- Interactive confrontation includes two-way communication, use of metaphor, self-confronting statements, and summary of all God wants to teach the other person (Review pp. 106-108).
- Has anyone had an opportunity to implement one of the principles we learned in "Know" or "Speak"?

CONCEPTS AND OBJECTIVES

- Concept: To help someone change, I must have a biblical agenda for change that reflects biblical commands, principles, promises, and priorities.
- Personalized: Ask, 'What are God's goals for change in me as I face relationships and situations?'
- Related to Others: In personal ministry, ask, 'How can I support this person in the process of change?'

APPLYING GOD'S WORD

- God intends his word to be applied (James 1:22-25; Matt. 7:24-27).
- If we do not apply it to our lives, we short-circuit the sanctification process (Dt. 26:16-18; Jn. 13:7)
- The final step in Bible Study: Observe, Interpret, and Apply. John MacArthur writes, "All of the other steps and principles in Bible study will be of little use unless we finally employ practical application. That's precisely what Paul was talking about in [2 Timothy 3:16-17]. Biblical teaching, or doctrine, is basic. Here we have found out what Scripture says and means. But the final and crucial questions are: 'So what? What are you going to do about it? How do you use it in your own life?'" (*How to Get the Most from God's Word*, 166)
- Many believers struggle with application. Why do you think that is?
- The Bridge and the Pyramid. Then vs. Now. Specific > General > Specific. E.g. Prov. 14:4.
- A helpful method: SPECK (sins, promises, examples, commands, knowledge).
- Notice the general pattern of scripture. First the comfort of the gospel, then the commands of the gospel. Imperatives follow the indicatives (e.g. Ephesians 1:3-10; 4:1-3; 5:3-4 etc.).

AGENDA SETTING QUESTIONS

- What does the Bible say about the information gathered? (See 8-1. What are some helpful tools to help us answer this question?)
- What are God's goals for change for this person in this situation? (Put off/put on - Col. 3:8ff)
- What are biblical methods for accomplishing God's goals? (This is the practical how-to)
- Example: see the *Quick Scripture Reference for Counseling*
- Circles of Responsibility vs. Concern (see very helpful Figure 11-1 on p. 119).
- "This is where personal ministry becomes very practical, concrete, and specific: God is calling *this* person in *this* situation to *these* specific changes" (Study Guide, p. 116).

WEEK 11 VIDEO: "APPLYING CHANGE TO EVERYDAY LIFE"

HOMEWORK

- Complete Lesson Eleven "Make It Real" Section. Read Lesson Twelve.

DO PART II: APPLYING CHANGE TO EVERYDAY LIFE



INTRODUCTION

- Welcome and Prayer
- Thank you all for participating in this class! Resources online.
- For review, see summary on pp. 126-27 and the chart on p. 136
- What is one key takeaway from this series that has helped you grow personally or as God's instrument to help others? Maybe a Bible verse, a graphic, a story, or an area of personal growth?

CONCEPTS AND OBJECTIVES

- Concept: Human beings always live out of some sense of identity. It is vital for the believer to understand his identity in Christ.
- Personalized: I must always ask myself, "Do I view my life and myself from the vantage point of who I am in Christ?"
- Related to Others: Do I seek to provide encouragement and accountability to those who are following God's call to change?

IDENTITY IN CHRIST

- Some key verses: Ephesians 1:3-10; 2:1-10; Colossians 2:8-15; Romans 1:7
- See *Who Am I?* by Jerry Bridges

ACCOUNTABILITY QUESTIONS

- Read *Galatians 6:1-2*
- "Paul instructs spiritual mentors to restore struggling persons in a spirit of gentleness and love. When we think of accountability, we often think of someone foolish and weak who is in need of someone wise and strong. However, Paul also teaches that people who are spiritually mature need the struggling persons they are helping. Jesus commands spiritual mentors to carry each other's burdens and thus fulfill the law of Christ. Wise mentors need struggling persons in order to obey that command." (Heath Lambert, *Finally Free*, p. 46)
- Donald Whitney, *Simplify Your Spiritual Life*
 - What's the best thing that has happened to you since we met last?
 - Do you have any unusual burdens or troubles this week?
 - How's your [teaching, hospitality, outreach, deacon, or whatever] ministry going?
 - Where have you seen the Lord working lately?
 - What has the Lord been teaching you recently?
 - Have you had any evangelistic opportunities lately?
 - Have you had any obvious answers to prayer recently?
 - Where in the Bible have you been reading lately? What impact has it had on you?
 - What else you have been reading? How has it impressed you?
- Randy Alcorn, *Purity Principal*
 - How are you doing with God? Your spouse? Children?
 - What temptations are you facing, and how are you dealing with them?
 - How has your thought life been this week?
 - Have you been spending regular time in the Word and prayer?
 - Who have you been sharing the gospel with?
 - Have you lied in any of your answers?
 - How can I pray for you?

WEEK 12 VIDEO: "APPLYING CHANGE TO EVERYDAY LIFE"