

Counseling One Another

What do we mean by “counseling”? “admonish” (Rom. 15:14)

-“warn” -“exhort” -“remind”

“Biblical counseling is an intensely focused and personal aspect of the discipleship process, whereby believers come alongside one another for three main purposes: first, to help the other person to consistently apply Scriptural theology to his or her life in order to experience victory over sin through obedience to Christ; second, by warning their spiritual friend, in love, of the consequences of sinful actions; and third, by leading that brother or sister to make consistent progress in the ongoing process of biblical change in order that he or she, too, may become a spiritually reproductive disciple-maker.” -Paul Tautges, *Counseling One Another*

What is the goal of biblical counseling? making disciples (Matt. 28:18-20)

Who is qualified to counsel? “approved workmen” (1 Tim. 2:15; 3:16-17)

How do we do it?

1.) Build Loving Involvement (1 Corinthians 16:14)

-“Can I trust you?”

-“Do you care about me?”

2.) Share Biblical Hope (Ps. 19:7; Rom. 15:4; 1 Cor. 10:13; Php. 1:6)

-We need to give people hope not just advice

3.) Gather Relevant Data (Proverbs 18:13, 17)

-Ask good questions

-Listen

-Try to get the whole picture (things aren't usually what they seem at first)

-Consider all factors (we are spiritual AND physical beings)

-Get to the heart (what do they want? what are they trusting in?)

4.) Evaluate the Problem Biblically

-Use biblical categories, terms, and priorities

-What do they most need to change most?

5.) Provide Biblical Instruction

- Where in the Bible? (which passages address this issue?)
- Get them involved (have them read, ask questions about the text, ask application questions, guide as necessary)
- Meet their level (how much biblical understanding does this person have? what next step can I help them take?)

6.) Assign Practical Homework (Luke 11:28; James 1:22-25)

- Identify action steps (keep them small, manageable, sustainable)
- Help them develop skills (reading/interpreting the Bible, learning how to obey it)
- Manage expectations (give perspective on how long/challenging change can be)

Recommended Resources:

Books:

- Counseling One Another: A Theology of Interpersonal Discipleship*, Paul Tauges
- Spiritual Depression: Its Causes and Cure*, Martyn Lloyd-Jones
- When People Are Big and God Is Small*, Ed Welch
- Trusting God*, Jerry Bridges
- The Exemplary Husband*, Stuart Scott
- The Excellent Wife*, Martha Peace

Online:

www.biblicalcounselingcoalition.org

www.biblicalcounseling.com (ACBC website)

Podcast:

“Truth in Love” (host: Dale Johnson)