

Lecture#2/Mar 21, 2012

**Biblical foundations:
OT basis, NT basis, Holy
Spirit and Counseling**

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Outline

- Biblical Basis of Christian Counseling
- Two schools of Christian Counseling
- OT basis of Christian Counseling
- NT basis of Christian Counseling
- Role of Holy Spirit in Christian Counseling

BIBLICAL BASIS

Christian counseling: A biblical Definition

- Christian Counseling as the “ministry of one individual seeking to help another recognize, understand, and solve his own problems in accordance with the Word of God
- Source: Dr Howard Hendricks of Dallas Theological Seminary; in Minerth, 1977, p.30)

Role of the Bible in Counseling

- Increasing evidence that traditional mental health services do not meet the deepest needs of Christians.
- The Word of God offers emotional and mental relief to troubled Christians.
- God has been calling out qualified men and women, trained initially in the secular professions, to develop and define a uniquely Christian approach to counseling” (Strong, 1977)

Role of the Bible in Counseling

- Within the past 20 years, there has been a substantial move towards new biblical approaches to Christian Counseling.
- In the early part of 20th Century, Christian Counseling was not based upon the concepts of influence of the Christian heritage but upon models and approaches developed outside the framework of the theology.

Two schools of biblical counseling

- Traditional Biblical Counseling (TBC)
- Progressive Biblical Counseling (PBC)

Traditional biblical counselors (TBC)

- Bible is complete and sufficient for Counseling
- Jay Adams and John MacArthur followers
- TBC have a commitment to the exclusive sufficiency of Scripture in counseling
- Sin as the fundamental issue

1-TBC Approach (J. Adams Model)

- We are the image of God
- Any defection from the image and model entailed sin
- Righteousness as the goal
- Sin as the problem
- Sin's role in psychopathology

2- Progressive biblical counselors (PBC)

- Allows for a role for extra-biblical literature
- Faculty of Westminster Seminary and Christian Counseling and Educational Foundation
- Followers of David Powlison and RW Kellemen of Capital Bible Seminary

PBC Approach (Powlison Model)

- Recognizes that the Bible cannot be understood as an encyclopedia about people and their problems
- Believe that the bible does not provide an exhaustive discussion of Christian soul care, but it is comprehensive

Three Aspects of the Ministry of the Word

- Public ministry: preaching and teaching
- Private ministry: personal study or devotions of scripture
- Interpersonal ministry: the product of the public and private ministries

Interpreting a passage from the bible

- Systematic-biblical-theological analysis
- Grammatical-historical exegesis
- Literary-rhetorical analysis
- Telic analysis (frequently ignored)
 - what did the Holy Spirit intend to do to people

OLD TESTAMENT BASIS

The OT Context

- Written for the nation of Israel
- Founded upon the Mosaic covenant
- OT seeks to promote the fear of the Lord
- The OT clearly portrays:
 - Who man is
 - The nature of man's problems
 - Why man has these problems
 - How to resolve these problems
 - The counselor must be committed to the sufficiency of Scripture

The Word “Counsel” in the OT

- Giving advice or direction (Num 31:16; II Chron. 26:16)
- Exposing sin and giving specific instructions for purging the sinful behavior (Daniel 4:27)
- Sitting, sharing session (Ps. 55:14)
- Planning together to achieve a specific purpose (Ps. 83:3)
- Understanding and discernment of the future (Deut. 32:28)
- To be counseled (Rahoboam asked the young men for counsel (I Kings 12:9; II Chron. 10:6)
- To give counsel: as a wise advice for action (Jethro & Moses, Ex 18:19)

Jethro's Counseling to Moses (Ex. 18:19)

- Moses
 - Leader of Israel
 - Had to receive counsel in this situation from Jethro
 - Diligent, clear channel to God teachable, humble.
- Jethro - observes situation, recognizes problem
 - Asks good questions – thinks logically
 - Make analysis - detail person
 - Gives advice and plan – good delegator and communicator Impatient with his son-in-law – motivated by concern

Biblical Approach to Trials and Difficulties in Life

- The story of Joseph – triumph over adversity
- Series of rejections, mishaps and blessings (Gen. 39:1-23)
- Through betrayal after betrayal and 12 years in prison
- You meant it for evil, God meant it for good (Gen. 50:20)
- What Can We Learn From Joseph?
 - Some people will hate you without cause
 - Bad things happen to good people: falsely accused, imprisoned, forgotten, ignored, rejected
- God means it for good

Is there no balm in Gilead?

- Is there no **balm** in Gilead? Is there no **physician** in Gilead? Why then is there no **healing** for the wound of my people? (Jer. 8:18-9:1)
- **Condition of the people:** People's waywardness
- **Leadership:** False teaching
- **External Threat:** The military threat

Three things that are applicable in Counseling

- **Sheep is always at risk (1 Peter 5:8)**
 - Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour
- **Shepherd must always be alert (Genesis 31:40)**
 - There I was! In the day the drought consumed me, and the frost by night, and my sleep departed from my eyes
- **Confronting the Enemy (John 10:10)**
 - The shepherd whose heart is for the sheep's deliverance; Jesus describes the devil as a thief who comes to steal, to kill and to destroy

THE NEW TESTAMENT BASIS

The NT Context

- Written to and for all ethnic groups and nations
- Based on the Birth, Death and Resurrection of Christ
- Founded on the Arrival of the Holy Spirit
- Established by the Early Church by Apostles
- NT is concerned more with promoting the love of God
- NT supersede the authority of old covenant (abolition of numerous civil and ceremonial commands)

The Word “Counsel” in the NT

- As an advice and planning together to gain some direction or solve a problem.
- To advise, deliberate, counsel (to be a member of the Sanhedrin)
- To consult, advise, counsel together, to give or take advice jointly

The Word “Counsel” in the NT

- **Parakaleo**: to beseech or exhort, encourage or comfort. (Rom. 12:1,2; II Cor. 1:4; Rom. 15:30)
- **Noutheteo**: to put in mind, to warn, and to confront (Rom. 15:14; I Cor. 4:14; Col. 3:16)
- **Parmutheomia**: To cheer up, to encourage I Thess. 2:11; I Thess. 5:14)
- **Antechomai**: To cling to, to hold fast, to take an interest in, to hold up spiritually/emotionally (I Thess. 5:14)
- **Makrothumeo**: To be patient or to have patience (Matt. 18:26; James 5:7; Heb. 6:15; I Thess. 5:14)

Jesus's Approach

- Jesus talked personally with people
- Jesus touched some; He cried with some
- Jesus rebuked some
- Jesus confronted some and was direct with others

Mind of Christ

- The mind of Christ refers, in a word to the characteristic patten of Jesus' judgments – to the way that Jesus processes information and to the product of that process: the embodied wisdom of God.
- The mind of Christ is the set of moral, intellectual, and spiritual habits or virtues that serve as the mainspring for all the particular things that Jesus does and says. (Vanhoozer)
- The distinctive pattern of all his intentional acts – desires, hopes, beliefs, volitions, emotions, as well as thoughts.
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Paul's Approach

- Paul detailed his approach in I Thes. 5:14:
 - Now we exhort you, brethren, warn them that are unruly, comfort the feebleminded, support the weak, be patient toward all men
- Paul shared his life with many; and admonished some
- Paul taught some and wrote letters to many.
- Paul's teaching about marriage:
 - Fundamental cause of marital conflict: Denial of Christ centric focus; and Failure to have needs met
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Spiritual Bondage

- The nature of "spiritual bondage" is often confused and poorly expressed.
- Bondage always exists because of disobedience and sin
- Every instance of sending out disciples, as well as in His commissioning His Church, Jesus directs: "...cast out demons!" (Matthew 10:8)

Christian Conversion Experience

- Benefits of religious conversion
 - citing improved impulse control
 - improved academic performance, and
 - improved interpersonal relationships
- Source: Christian psychiatrists from Duke and Harvard, in Wilson and Nicoli, pp. 27-28

Counseling to Influence Life

- The counselor teaches the counselee not merely to know but also to observe as Jesus said we should in His last commission to His church.
- The Great Commission is couched in educational terms, but not education of Greek sort which has influenced modern academia.
- Academia says “teach to learn meaning” But in the Bible, it’s “teach to learn purpose in order to live” – “to observe all things whatsoever I have commanded you.”
- Teaching must influence life or it will lie on soil where it will never bear fruit. One learns to live to minister.

Teaching and Counseling

- Over 21 times in the English NT
- Instruction, transmitting information to another
- Teaching is a complex communicative active that can take a variety of forms
- Training another in a particular skills by showing how to do it is yet another form of teaching
- Good teaching shapes both belief and behavior

Christian wisdom:

- Wisdom is formed as we practice the fear of the Lord, which we do by trusting God's word to be a reliable guide to the way of truth and life
- Wisdom involves the whole person
- It is a matter of living well with others in the world to God's glory

Christian wisdom

- The Bible speaks of feelings, thoughts, and behaviors.
- Right thinking (Orthodoxy)
- Wise practice (Orthopraxy)
- Right judgment (Orthokrisis)
- Living wisely does require, intellectual knowledge of God, ourselves
- We need right ways of processing the information, right ways of feeling the information
- We need, in short, right minds, right imaginations, right hearts

- Jeremiah 29:11 - For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future.

Bible Verses in Times of Crisis

- **Comfort:** Psalm 73:23; John 6:37-40
- **Anxiety:** Matthew 11:28
- **Fear:** Hebrews 13:6; Psalm 23
- **Peace:** Romans 5:1-8; John 3:16
- **When you feel weak:** Isaiah 57:15; Ephesians 3:16
- **Despair:** Psalm 46:1; Ephesians 1:18
- **Depressed:** Psalm 40:1-3; John 10:10
- **Grief:** Psalm 119:28; Revelation 21:3-5; John 11:25; John 14:1-2
- **Times of trouble:** Psalm 50:15; John 16:3

- All counseling is God- Oriented
- All guilt and failure is to be taken seriously.
- Personal responsibility of each person is recognized
- The goal of all counseling is change!
- Personal acceptance of the counselee
- Conformation to the image of Christ

People ache for a better world.

- We were designed for good.
- We were damaged by evil.
- We can be restored for better.
- We were sent together to heal.

Source: James Choung, True Story: A Christianity Worth Believing, InterVarsity Press, 2008

HOLY SPIRIT IN COUNSELING

The Role of the Trinity in Counseling

- **The Role of the Father in Counseling**
 - Holy One of Israel ([Psalm 71:22](#)); the “Judge” in [Genesis 18:25](#)
 - The “living God” ([Joshua 3:10](#)) and “my strength” in [Exodus 15:2](#).
- **The Role of the Son**
 - He is our merciful and faithful High Priest, who makes atonement for our sins ([Hebrews 2:17](#)).
 - The Son of Man did not come to be served, but to serve, and to give his life as a ransom for many” ([Mark 10:45](#)).
- **The Role of the Holy Spirit**
 - Jesus calls the Holy Spirit “the Counselor” in [John 14:16](#)
 - Convict mankind of sin ([John 16:7, 8](#))
 - Guide us into all truth ([John 16:13](#)).
 - Applies the truths of God’s Word to the believer’s life

Source: John MacArthur, Biblical basis of Christian Counseling

The Holy Spirit in Biblical Counseling

- The new birth is the Holy Spirit's work
- True spiritual growth is prompted by the Spirit
- Only the Holy Spirit can work fundamental changes in the human heart.
- The Holy Spirit is the necessary agent in all effective biblical counseling

What Is The Role Of The Holy Spirit?

- Comforter
- Counselor
- Helper
- Advocate
- Intercessor
- Strengthener
- Standby

What Is The Role Of The Holy Spirit?

COMFORTER

- A person who sympathizes with someone who has had misfortune
- A person who reduces the intensity of fears ; a reliever of anxiety and fears
- A person who comforts someone who is suffering

What Is The Role Of The Holy Spirit?

COUNSELOR

- A person who counsels people, especially on personal problems
- A person who gives advice or guidance in a specific area of expertise or knowledge.

What Is The Role Of The Holy Spirit?

HELPER

- a spiritual attendant whose role is to offer assistance, support, relief, advocacy, and guidance
- A person who contributes to the fulfillment of a need or furtherance of an effort or purpose
- One which contributes to the survival of the offspring of others by behaving parentally towards them

What Is The Role Of The Holy Spirit?

ADVOCATE

- A person who pleads for a cause or propounds an idea or push for something or argue in favor of; one who pleads our cases in court

What Is The Role Of The Holy Spirit?

INTERCESSOR

- A person who intercedes; a mediator, intercession – intervention: the act of intervening, someone who leads the prayers of the people

What Is The Role Of The Holy Spirit?

STRENGTHENER

- Something used to give additional strength

What Is The Role Of The Holy Spirit?

STANDBY

- Something that can be relied on when needed
- Ready for emergency use: shows readiness; back up generator, backup server
- Romans 8:26: In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.

Summary

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