

Equipping Counselors for Your Church

Appendix 10.2

LEAD Biblical Counseling Sample Lesson Objectives and Lesson Outline

How to Change Lives with Christ's Changeless Truth

Note: This is a three-hour, two-part interactive, introductory lesson. PowerPoint slides with numerous images are used throughout. The original outline contains additional space between points.

Lesson Objectives: Through active participation and engagement in this learning experience, students will be able to:

1. Share God's answers to life's six ultimate questions in order to relate Christ's changeless truth to our changing times.
2. Understand people biblically in order to discover how God designed us to live, love, and relate.
3. Diagnose problems scripturally in order to uncover what went wrong—why we do the things we do.
4. Prescribe God's solutions effectively in order to apply Christ's answers for daily life problems.

How to Change Lives with Christ's Changeless Truth

Sharing the Story of Our Soul Physicians' Journey—The Tale of Two Counselors

1. After listening to "The Tale of Two Counselors," connect with a few partners and interact around the following questions:
 - a. Do you tend to be more on the truth/Scripture side or more on the love/soul side? Why?
 - b. Has anyone ever interacted with you like either of Tim's counselors? What did it feel like? What were the results?
 - c. What view of the Bible and of people helping might have motivated Tim's counselors?
2. What content does a person need to know to be a biblical counselor, pastoral counselor, lay counselor, spiritual friend, soul physician, mentor, discipler, or people helper?

Introduction: Scripture and Soul

- How do we make our counseling truly Christian?
- Knowing how the Bible should shape our counseling can feel like a maze.
- We need to think and care like Christ: Counsel with Scripture and Soul—1 Thessalonians 2:8

Overview: Why We Are Here/My Promise to You

Everyone talks about biblical counseling, but how do we make counseling truly biblical?

We are here to learn how to use God's Word accurately, powerfully, and lovingly.

We are here to be equipped to become artful soul physicians by developing a Christ-centered, church-based, comprehensive, compassionate, and culturally-informed biblical model of counseling that values and applies the sufficiency, supremacy, authority, profundity (profound insight), and relevancy of Scripture to change lives with Christ's changeless truth.

Preview: The Great Soul Physician and the "SPDR" Addressing Life's Six Ultimate Questions

- The Word: "What is truth?" "Where can I find answers?"
- The Trinity: "Who is God?"
- Creation: "Who am I?"
- Fall: "What went wrong?"
- Redemption: "Can I change?" "How do people change?"
- Glorification: "Where am I headed?"

I. Nourish the Hunger of the Soul: Preventative Medicine—God's Word (Matthew 4:4)

- A. _____ on the Word of God: *Coram Deo Sola Scriptura*—Colossians 2:3-10, 2 Peter 1:3
- B. Make Truth and Love _____—Philippians 1:9-10; Ephesians 4:15; 1 Thessalonians 2:8
- C. Read the Bible as the _____ of _____ Offered, Rejected, and Fought For: Genesis 1-3
- D. Relate God's Truth to Human _____ through Trialogues: Matthew 18:20
- E. So What in Your Relationships? So What in Your Ministry?

So what? What difference should nourishing the hungry soul with God's Word make? In how you live and in how you minister, what difference could it make if you:

- Feasted on and helped others to feast on God's Word?
- Made truth and love kiss as you ministered to hurting and hardened people?
- Read and shared the Bible as the story of the battle for our hearts?
- Related God's truth to human relationships through trialogues—personally relating truth to life?

II. Know the Creator of the Soul: The Great Physician—The Trinity

- A. Begin before the _____: John 1:1—Soul Contact
- B. Build Your Life and Ministry on the _____: John 1; John 17
1. Relate _____ -to- _____ Because God Is Trinitarian: John 1:18—*Perichoresis*
 2. Make Spiritual Friendships All about _____: John 17
 3. Know the _____ Personally to Be a Soul Physician: John 17:20-26
- C. So What in Your Relationships? So What in Your Ministry?

So what? What difference should knowing the Trinitarian Creator of our soul make? In how you live and in how you minister, what difference could it make if you:

- Began before the beginning where God related before He created—soul contact?
- Built your life and ministry on the Trinity—deep connecting?
- Related soul-to-soul because God is Trinitarian?
- Made spiritual friendships all about Him—spreading His fame?
- Knew the Soul Physician personally, not just academically?

III. Understand People: Examine the Spiritual Anatomy of the Soul—Creation

- A. Value the CFR Narrative: _____, _____, _____
1. Creation: Understand _____: Examine the Spiritual Anatomy of the Soul
 2. Fall: Diagnose _____: Diagnose the Fallen Condition of the Soul
 3. Redemption: Prescribe God's _____: Dispense God's Cure for the Soul
- B. Pursue God's _____: The Image of God—God's Design of the Soul
- Our inner life increasingly reflecting the inner life of _____!
1. We Are Relational: Designed to Love _____—Matthew 22:35-40
 - a. We Are _____: Designed for Relationship with God—Worship
 - b. We Are _____: Designed for Relationships with One Another—Ministry
 2. We Are Rational: Designed to Think _____—Romans 12:1-2 (Spiritual Eyes)
 3. We Are Volitional: Designed to Choose _____—Joshua 24:15
 4. We Are Emotional: Designed to Feel _____—1 Thessalonians 4:13
 5. We Are Physical: Designed to Live _____—Genesis 2:7; Romans 6:12-13

C. So What in Your Relationships? So What in Your Ministry?

So what? What difference should understanding the spiritual anatomy of the soul make? What would be *missing* in our ministry to one another if we omitted:

- The relational/spiritual affections—our longing for communion with God?
- The relational social affections—our longing for connection with one another?
- The relational/self-aware affections—our longing for personal peace and wholeness?
- The thinking/mindsets—our beliefs?
- The choosing/pathways/purposes—our behaviors and choices?
- The feeling/mood states—our emotions?
- The physical body—our complex mind/body connection?

IV. Diagnose Problems: Diagnose the Fallen Condition of the Soul—Fall

- *The Grand Canyon*: “This ain’t the way it’s supposed to be!”

A. We Must _____ Reality or We Make Ourselves Irrelevant: Genesis 3:1-25

- The fall is the only explanation for _____ and _____

B. We Must Diagnose Suffering _____ and _____

C. We Must Diagnose Sin Biblically

1. Diagnose Sin _____: Our Descent into the Abyss of Sin—Ephesians 4:17-24

2. Diagnose Sin _____: Why We Do What We Do—James 4

- The sin in our _____ (human relationships) is always ultimately due to the sin in our _____ (relationship with God).

3. Diagnose Sin _____: Jeremiah 2:1-5, 13, 19, 20

- The sin in our heart is always due to _____ God (relational—spiritual adultery) because we have lost our _____ of God (rational—foolish thinking), and _____ (volitional—selfish motivation) to love false gods (god-substitutes).

C. So What in Your Relationships? So What in Your Ministry?

So what? What difference should diagnosing the fallen condition of the soul make? In how you live and in how you minister, what difference could it make if you:

- Faced the reality that “this ain’t the way it’s supposed to be”?
- Diagnosed suffering biblically and compassionately?

- Had a biblical theology of suffering—understanding that our world is fallen and it often falls on us?
- Had a model of God's healing for life's losses?
- Diagnosed sin comprehensively—our relating to God/others, thinking, choosing, and feeling?
- Diagnosed sin spiritually—the sin in our heart?

V. Prescribe God's Solution: Dispense God's Cure for the Soul—Redemption

A. Grasp the Big _____:

- The Bible is _____, not _____.

B. Apply Our Complete _____ to Our Daily Lives and Relationships:
Romans 5-15

1. _____: New Pardon/Not Guilty—Judge

2. _____: New Peace/Family—Father

3. _____: New Person/Purity—Creator

4. _____: New Power/Victory—Champion

- *Coram Deo Sola Gratia*: Face-to-face with God by _____

- Dispense _____!

C. So What in Your Relationships? So What in Your Ministry?

So what? What difference should prescribing God's cure for the soul make? In how you live and in how you minister, what difference could it make if you:

- Grasped the big picture that the Bible is comedy not tragedy?
- Applied justification: our new pardon/forgiveness?
- Applied reconciliation: our new peace/family/new nurture?
- Applied regeneration: our new person/purity/heart/new nature?
- Applied redemption: our new power/victory?

VI. Envision the Final Healing of the Soul: Home—Glorification

A. Live Today in Light of _____: Revelation 21-22

- How does our future destiny impact our present _____?: Romans 8:17-18

B. Read the End of the _____!

C. So What in Your Relationships? So What in Your Ministry?

So what? What difference should envisioning the final healing of the soul make? In how you live and in how you minister, what difference could it make if you:

- Lived today in light of eternity?
- Saw your present suffering in light of your future glory?
- Allowed your future destiny to impact your present reality?
- Read the end of the story?

Conclusion: Scripture and Soul for Life and Ministry

1. Of everything we covered in this lesson, what one or two points do you most want to start applying to your *life*? Why? How will you go about doing that?
2. Of everything we covered in this lesson, what one or two points do you most want to start applying to your *ministry*? Why? How will you go about doing that?

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