Tweet-Size Summaries of Gospel-Centered Counseling

One Overarching Question

Gospel-Centered Counseling Question—“What would a model of biblical counseling look like that was built solely upon Christ’s gospel of grace?”

- Gospel-Centered Counseling Tweet-size Summary
  - Learning to live life today in light of Christ’s gospel victory narrative.

Life’s Eight Ultimate Questions

Question 1: The Word—“Where do we find wisdom for life in a broken world?”

- Chapter 1: Tweet-size Summary
  - To view the Bible accurately and use the Bible competently we must understand the Bible’s story the way God tells it—as a gospel victory narrative.

- Chapter 2: Tweet-size Summary
  - The supremacy of Christ’s gospel, the sufficiency of Christ’s wisdom, and the superiority of Christ’s Church provide the wisdom we need for counseling in a broken world.
  - We discover wisdom for how to live life in a broken world from the wisest person who ever lived—Christ!

Question 2: The Trinity/Community—“What comes into our mind when we think about God?” “Whose view of God will we believe—Christ’s or Satan’s?”

- Chapter 3: Tweet-size Summary
  - We must know the Trinitarian Soul Physician personally to be a powerful soul physician.

- Chapter 4: Tweet-size Summary
  - To know the God of peace and the peace of God we must know our Triune God in the fullness of His holy love demonstrated in the cross of Christ.

- Chapter 5: Tweet-size Summary
  - Because Satan attempts to plant seeds of doubt about God’s good heart, God calls us to crop the Christ of the cross back into the picture.
Question 3: Creation—“Whose are we?” “In what story do we find ourselves?”

- Chapter 6: Tweet-size Summary
  
  ➢ The whole, healthy, holy person’s inner life increasingly reflects the inner life of Christ—relationally, rationally, volitionally, and emotionally.

- Chapter 7: Tweet-size Summaries
  
  ➢ Theology matters.
  ➢ Understanding people biblically matters.
  ➢ Biblical counselors pursue compassionate and wise counseling where our love abounds in depth of knowledge about the heart in the world.

Question 4: Fall—“What’s the root source of our problem?” “What went wrong?”

- Chapter 8: Tweet-size Summaries
  
  ➢ The essence of sin is spiritual adultery—choosing to love anyone or anything more than God.
  ➢ Sin is not just a thief caught in a crime; sin is an adulterer caught in the act.

- Chapter 9: Tweet-size Summaries
  
  ➢ Apart from Christ we’re condemned as adulterous spouses, dead in sin, separated from the life of God with depraved heart capacities enslaved to sin.
  ➢ Sin is what personal beings imagine, think, choose, do, and feel as they desire and love anything or anyone more than Christ.

- Chapter 10: Tweet-size Summary
  
  ➢ Fully biblical gospel-centered counseling deals thoroughly both with the sins we have committed and with the evils we have suffered.

Question 5: Redemption—“How does Christ bring us peace with God?” “How does Christ change people?”

- Chapter 11: Tweet-size Summary
  
  ➢ We must build our biblical counseling models of change on Christ’s gospel applied to Christians—justified, reconciled, regenerated, and redeemed people.

- Chapter 12: Tweet-size Summary
  
  ➢ Through regeneration our new heart has a new want to; through redemption our new heart has a new can do.
Question 6: Church—“Where can we find a place to belong and become?”

- Chapter 13: Tweet-size Summary
  - Together with all the saints the church is the place to belong to Christ and the Body of Christ and to become like Christ.
  - Sanctification is a community journey.

Question 7: Consummation—“How does our future destiny with Christ make a difference in our lives today as saints who struggle against suffering and sin?”

- Chapter 14: Tweet-size Summary
  - As saints who struggle with suffering and sin, we must crop back into the picture our future purity (the wedding) and future victory (the final war).

Question 8: Sanctification—“Why are we here?” “How do we become like Jesus?” How can our inner life increasingly reflect the inner life of Christ?

- Chapter 15: Tweet-size Summary
  - Sanctification is the art of applying our complete salvation by God’s grace, Spirit, Word, people, and future hope so we increasingly reflect Christ.

- Chapter 16: Tweet-size Summary
  - Gospel-motivated/empowered heart change puts off/puts on affections, mindsets, purposes, and mood states so we increasingly reflect the heart of Christ.