

Agros

Find, Train, Support

Biblical Counseling Workshop

“The kingdom of heaven is like treasure hidden in a field, which a man found and covered up. Then in his joy he goes and sells all the he has and buys that field.”

Matthew 13:44

Agros: Find, Train, Support Biblical Counseling Workshop

Date: July 23rd, 2022

Location: Riverbend Bible Church
410 Commercial Street
Atchison, KS 66002

Bring: There is no cost for this workshop. All registrants will be provided with a workbook. Bring a pen or pencil and your Bible.

Purpose: To encourage and equip the churches of NW Missouri and NE Kansas to let the word of Christ dwell more richly among them by studying and practicing biblical counseling together.

Summary: One of the youths in your church seems constantly gloomy, and he often jokes about killing himself. How do you reach out? One of the husbands in your church asks for accountability in his struggle with pornography. What do you do? Your long-time friend recently lost her husband, and you're concerned that she's begun drinking too much alcohol. What do you say to her? Mental health, habitual sins, addictions—can everyday church members and pastors help with these? While referring someone to a professional is often a wise suggestion, here's the reality: we are all always counseling one another. What we say can either build others up in God's truth or weaken them with human wisdom. Christians cannot choose *whether* we are counselors, but *what* we will counsel others with. This means it is a worthy goal for all Christians—and especially pastors—to train one another to be counselors of God's Word, to be biblical counselors. This workshop will seek to teach us some of the foundations of biblical counseling, and then provide some opportunities to practice it in group discussions.

Approach: For the morning sessions, we will have some teaching sessions that explain the goals and priorities of biblical counseling. After lunch, we will focus on hands-on learning, putting these counseling concepts into practice with case studies.

Proposed Schedule (session topics are subject to change)

- 8:00 – 9:00... Registration and fellowship (w/ light breakfast available)
- 9:00 – 10:00... Session 1: How People Change
- 10:00 – 11:00... Session 2: How People Help People Change
- 11:00 – 12:00... Session 3: What Helps Us Help People Change
- 12:00 – 1:00... Lunch (provided at Riverbend Bible Church)
- 1:00 – 3:00... Session 4: Case Study (men and women separate)

Recommended Counseling Resources

Addictions

- *Addictions: A Banquet in the Grave* by Ed Welch
- *Crossroads: A Step-by-Step Guide Away from Addiction* by Ed Welch

Anger and Abuse

- *A Small Book about a Big Problem* by Ed Welch
- *Domestic Abuse: Help for the Sufferer* by Darby Strickland
- *Domestic Abuse: Recognize, Respond, Rescue* by Darby Strickland
- *Good and Angry* by David Powlison
- *The Heart of Domestic Abuse* by Chris Moles

Anxiety and Depression

- *Running Scared: Fear, Worry, and the God of Rest* by Ed Welch
- *Spurgeon's Sorrows: Realistic Hope for Those Who Suffer from Depression* by Zack Eswine

Counseling Ministry

- *Blame It on the Brain?* by Ed Welch
- *Instruments in the Redeemer's Hands* by Paul Tripp
- *Real Change* by Andrew Nicholls, David Powlison, and Helen Thorne
- *Side by Side: Walking with Others in Wisdom and Love* by Ed Welch
- *Speaking Truth in Love* by David Powlison
- *The Pastor and Counseling* by Jeremy Pierre and Deepak Reju
- *The Pastor as Counselor: The Call for Soul Care* by Ed Welch
- *The Peacemaker* by Ken Sande

Marriage

- *Counsel for Couples: a Biblical and Practical Guide for Marriage Counseling* by Jonathan Holmes
- *Marriage Matters* by Winston Smith
- *When Sinners Say 'I Do'* by Dave Harvey

Parenting

- *Parenting* by Paul Tripp
- *Shepherding a Child's Heart* by Tedd Tripp

Sexuality

- *Is God Anti-gay?* by Sam Alberry
- *Making All Things New: Restoring Joy to the Sexually Broken* by David Powlison
- *Rescue Plan: Charting a Course to Restore Prisoners of Pornography* by Deepak Reju and Jonathan Holmes
- *The Death of Porn: Men of Integrity Building a World of Nobility* by Ray Ortlund

Additional Topics/Audio Resources

- biblicalcounselingcoalition.org - resources on various counseling topics
- biblicalcounseling.com – resources on various counseling topics
- cccf.org - videos, audio, books, and journal articles related to biblical counseling
- ibcd.org - audio resources on various counseling topics
- Counseling podcasts: 15:14 Podcast, Where Life and Scripture Meet

Agros: Find, Train, Support Biblical Counseling Workshop Session 1 – How People Change

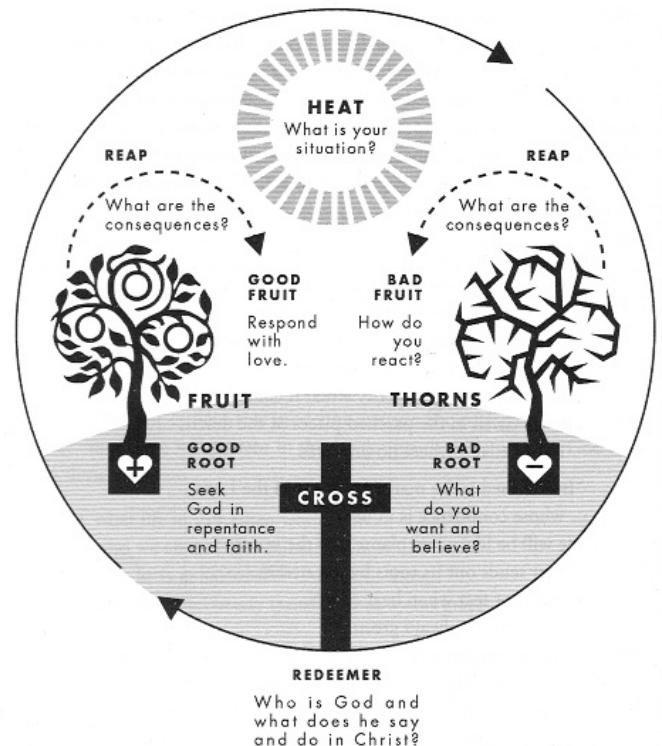
1. Three common approaches to counseling

- _____ management
- _____ management
- _____ management

2. A model for the biblical counseling approach

The Bible teaches that people change progressively by a repeating cycle through four important categories: Heat, Thorns, Cross, Fruit. See Jeremiah 17:5-10.

- Heat:** This is the person's _____
in daily life, with difficulties, blessings, and temptations.
- Thorns:** This is the person's ungodly _____ to
the situation. It includes behavior, the heart driving the behavior, and the consequences that result.
- Cross:** This focuses on the _____
of God in his redemptive glory and love. Through Christ, he brings comfort, cleansing, and the power to change.
- Fruit:** This is the person's new godly _____ to
the situation resulting from God's power at work in the heart. It includes behavior, the heart renewed by grace, and the harvest of consequences that follow.



3. Understanding the “Heat”

Heat is not the _____ of my sin, but rather the God-given _____ to reveal it. (Rom. 5:3-5)

- The real me is not changed by _____, _____, or _____ my circumstances.
- For my Bible: what Heat were these people facing when God gave them these truths?
- For me: what are my real circumstances where the real God is meeting the real me?

What are some different examples of Heat? Consult the questions on pp. 111 and 122.

4. Understanding the “Thorns”

Thorns are the sinful response of my _____ behaviors and their consequences (bad fruit), growing from my _____ beliefs and desires (bad root). (Mark 7:20-23)

- The real me is not changed by _____ or _____ my behaviors, or by _____ my beliefs and desires.
- For my Bible: how does this passage reveal both bad fruits and bad roots?
- For me: what beliefs and desires are revealed by my sinful responses to Heat?

What are some different examples of Thorns, both bad fruits and roots? Consult pp. 130-32.

5. Understanding the “Cross”

The Cross is where Jesus Christ replaces my idol that produced the Thorns in this Heat through _____ of idolatry and _____ in Christ. (Gal. 2:20)

- The real me is not changed by _____ from the Cross.
- For my Bible: how does this passage reveal God to be better than my idols?
- For me: what idol must I repent from, and what must I trust Christ to be in its place?

What are some different examples of what the Cross calls us to believe and desire?

6. Understanding the “Fruit”

The Fruit is the godly response of my _____ behaviors and their consequences (good fruit), growing from new _____ beliefs and desires (good root). (Col. 3:1-17)

- The real me is not changed by _____ the Fruit.
- For my Bible: what godly responses to Heat does this passage describe?
- For me: how can I plan for and practice responding in godly ways to the Heat in my life?

What are some different examples of Fruit that grows out of living by faith in Christ?

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Session 2 – How People Help People Change

Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love. (Ephesians 4:15–16)

1. Seeing God’s Big Picture for Each Church (Overview of Ephesians 3-4)

A. His Purpose for Each Church (3:1-13)

Display God’s great _____ and _____ in the _____ of the gospel (3:10; see v. 21)

The Church is:

- A multi-ethnic _____ family (3:6)
- With _____ origins (3:11)
- And a _____ foundation (apostles and prophets, 3:5; see 2:20)
- _____ in Jesus Christ (3:12)

B. A Prayer for Each Church (3:14-20)

Be _____ with God’s fullness by experiencing his _____ (see esp. vv. 17-19)

C. His Plan for the Church (4:1-16)

_____ *with* _____ (as defined by Christ himself)

- Unity (4:1-10; and see v. 13)

By exhibiting Christ-like _____ (vv. 1-6)

By practicing Christ-empowered _____ (vv. 7-10)

- Maturity (4:13-16)

Positive: _____ Christ

Negative: Reject _____

Through Faithful Leaders (4:11-12)

- _____ (“‘equip’ the saints”)

- _____ (“for the work of ministry”)
- _____ (“for building up the body of Christ”)

By the Whole Body Loving One-Another in the Truth (4:13-16)

- Every _____ Involved (“all,” “whole body,” “every joint,” “each part”)
- _____ Ministry Envisioned (see below)

2. Serving Within God’s Big Picture (Focus on Ephesians 4:15-25)

Loving One Another in the Truth Involves:

A. Asking Questions (_____)

To Help People See Themselves and the Lord Working, Ask Questions (see Powlison’s list¹) that:

Expose the Heart (biblically includes thinking, desiring, deciding, etc.; sinful heart still active in believers “no longer,” v. 17)

- Futile/empty _____ (vv. 17-18)
- _____ of Heart (v. 18)
- Deceitful _____ (v. 22)
- _____ (v. 25)

Identify Thorns—Behaviors of vv. 19, 25-32

B. Applying Truth (_____)

First to _____

Then to _____ of the Body,

Communicating:

- _____ is Serious
- Originates in the _____
- There’s Hope to: Put Off (_____) / Put On (_____)
- Jesus Christ is All — _____, _____, _____, etc. (v. 20)

¹ Timothy Lane and Paul Tripp, *How People Change* (Greensboro, NC: 2019), 150-53.

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Session 3 – What Helps Us Help People Change

1. Reflection on a meeting

What are some reasons that taking notes while or after counseling someone is important?

Tools for taking notes

- Put logistical information at the top: name, session number, date
- Leave the left margin for preparation notes
- Divide the page into four sections for notes that relate to Heat, Thorns, Cross, and Fruit
- Use quotation marks for important quotes
- Use brackets for your private thoughts
- If counseling a couple, circle their first initial by their comments

What are some good questions to prayerfully reflect on?

2. Preparation for a meeting

Prepare a sheet to take notes on during or after your next meeting.

- Use the same tools as listed above
- Fill the left margin with preparation notes

Kinds of preparation notes

- Questions

- Biblical Counsel

- Assignments

3. Structure of a meeting (from *The Pastor and Counseling* by Jeremy Pierre and Deepak Reju)

- Get an _____
- Ask about _____ work
- Continue to explore the _____
- Offer redemptive _____

4. Sample of notes (Modified from *The Pastor and Counseling* by Jeremy Pierre and Deepak Reju)

Session #	Name of Counselee	Date
Preparation notes	Heat	
Questions to ask		
	Thorns	
Biblical Counsel to give		
	Cross	
Assignments to give		
	Fruit	

Now you're on the phone with Cindy. She relates these facts: Six weeks ago, she got up to take care of the baby and came down to the home office to check on him. When she opened the door, he reached up quickly and jerked the screen of his laptop closed. She gave him a surprised look and he awkwardly told her that he had just finished for the night. Now suspicious, she began to check his laptop. Several dozen pornographic pictures turned up. When she told him, he became angry at her for getting into his stuff. She insisted that he get help or else she would talk with someone at church. He reacted by withdrawing and devoting even more time to the project. She's hoping you'll do something.

- What are your options?
- What do you tell Cindy?
- What thorns are you detecting?

You decide to give Jim a call and ask to get together. He's hesitant but agrees to let you come by the house later in the week.

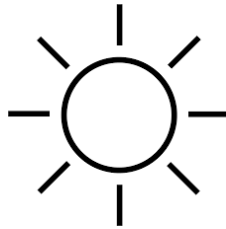
- How will you approach the meeting?
- What questions will you ask?
- What's your plan going forward?
- What will you ask Jim to do before you meet again?

Agros: Find, Train, Support Biblical Counseling Workshop Recommended Homework

1. Practice change in your own life

Read *How People Change* by Timothy Lane and Paul Tripp. Use this page to personalize your study. As you read, put the model into practice by filling in the blanks below. Be specific.

Heat



Fruit



Thorns







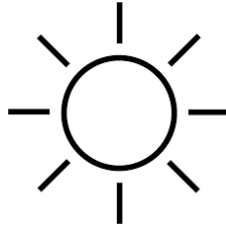
Cross



2. Practice helping someone else change

Now that you've practiced change in your own life, read *How People Change* by Timothy Lane and Paul Tripp with someone else. When you meet to discuss, help them personalize this model for their own life. Consider taking notes to reflect after your meetings (see session 3).

Heat



Fruit



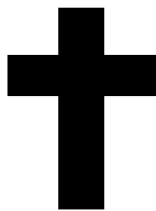
Thorns







Cross



“All the Way My Savior Leads Me”

All the way my Savior leads me;
What have I to ask beside?
Can I doubt his tender mercy,
Who through life has been my guide?
Heav'nly peace, divinest comfort,
Here by faith in him to dwell;
For I know, whate'er befall me,
Jesus doeth all things well
For I know, whate'er befall me,
Jesus doeth all things well

All the way my Savior leads me,
Cheers each winding path I tread,
Gives me grace for ev'ry trial,
Feeds me with the living bread.
Though my weary steps may falter,
And my soul a-thirst may be,
Gushing from the rock before me,
Lo, a spring of joy I see
Gushing from the rock before me,
Lo, a spring of joy I see

All the way my Savior leads me -
O the fullness of his love!
Perfect rest to me is promised
In my Father's house above:
When my spirit, clothed, immortal,
Wings its flight to realms of day,
This my song through endless ages:
Jesus led me all the way
This my song through endless ages:
Jesus led me all the way

Words by Fanny J. Crosby (1875); music by Robert Lowry
(1875/alt. 1990); Public Domain

“Fairest Lord Jesus”

Fairest Lord Jesus, Ruler of all nature,
Son of God and Son of Man!
Thee will I cherish, thee will I honor,
Thou, my soul's glory, joy, and crown.

Fair are the meadows, fair are the woodlands,
Robed in the blooming garb of spring:
Jesus is fairer, Jesus is purer,
Who makes the woeful heart to sing.

Fair is the sunshine, fair is the moonlight,
And all the twinkling, starry host:
Jesus shines brighter, Jesus shines purer
Than all the angels heav'n can boast.

Beautiful Savior! Lord of the nations!
Son of God and Son of Man!
Glory and honor, praise, adoration,
Now and for evermore be thine.

Words from Munster Gesangbuch (1677; trans. 1850, 1873);
Music: Silesian folk song in Schlesische Volkslieder (1842);
Public Domain

“I Asked the Lord”

I asked the Lord that I might grow
In faith and love and ev'ry grace;
Might more of his salvation know,
And seek more earnestly his face.

'Twas he who taught me thus to pray,
And he, I trust, has answered pray'r,
But it has been in such a way
As almost drove me to despair.

I hoped that in some favored hour
At once he'd answer my request,
And by his love's constraining pow'r
Subdue my sins and give me rest.

Instead of this he made me feel
The hidden evils of my heart,
And let the angry pow'rs of hell
Assault my soul in ev'ry part.

Yea more, with his own hand he seemed
Intent to aggravate my woe,
Crossed all the fair designs I schemed,
Humbled my heart, and laid me low.

"Lord, why is this?" I, trembling, cried;
"Wilt thou pursue thy worm to death?"
"Tis in this way," the Lord replied,
"I answer prayer for grace and faith.

"These inward trials I employ
From self and pride to set thee free,
And break thy schemes of earthly joy
That thou may'st find thy all in me."

Words by John Newton; tune: Appalachian Folk Medley, arr. by
Danna Harkins (1975); Public Domain