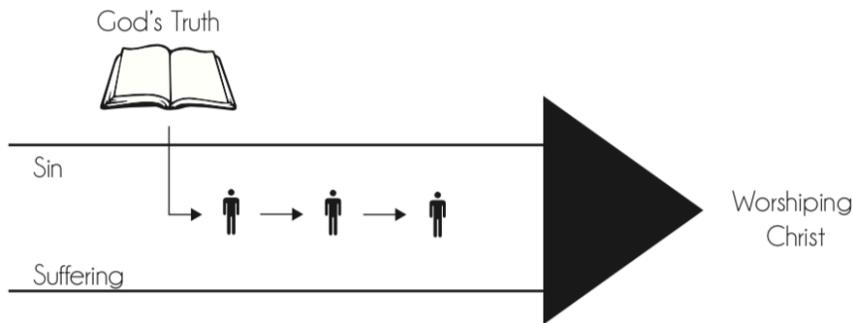


**GOSPEL-CENTERED COUNSELOR TRAINING**  
**10.09.2018**  
**SESSION 1 – Foundations of Gospel-Centered Counseling**

Name:

I. What is Gospel-Centered Counseling?



II. Who is involved in Gospel-Centered Counseling?

- A. God's Role – See Appendix 1 (*Psalm 32:8 – ...I will counsel you with my eye upon you*)

He counsels us through his Word in three stages:

1. Searches us:

***Psalm 139:1 (ESV) – 1 O Lord, you have searched me and known me!***

2. Reveals us:

***Hebrews 4:12 (ESV) – 12 For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart***

3. Transforms us:

**2 Corinthians 3:18 (ESV) – 18** *And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.*

B. Our Role (knowing and loving someone well)

1. Gathering Data: Information – What is happening in their world?

2. Organizing Data: Knowledge – How do they interpret their world?

3. Responding to Data: Wisdom – How should I speak into their world?

C. The Church's Role

1. A Helping Community

2. A Growing Community

3. A Shepherded Community

D. The Counselee's Role

1. You are essential part the body (1Cor 12:22)

2. You are a counselor in training (2Cor 1:3-11)

E. Video Testimony

*Discussion Questions:*

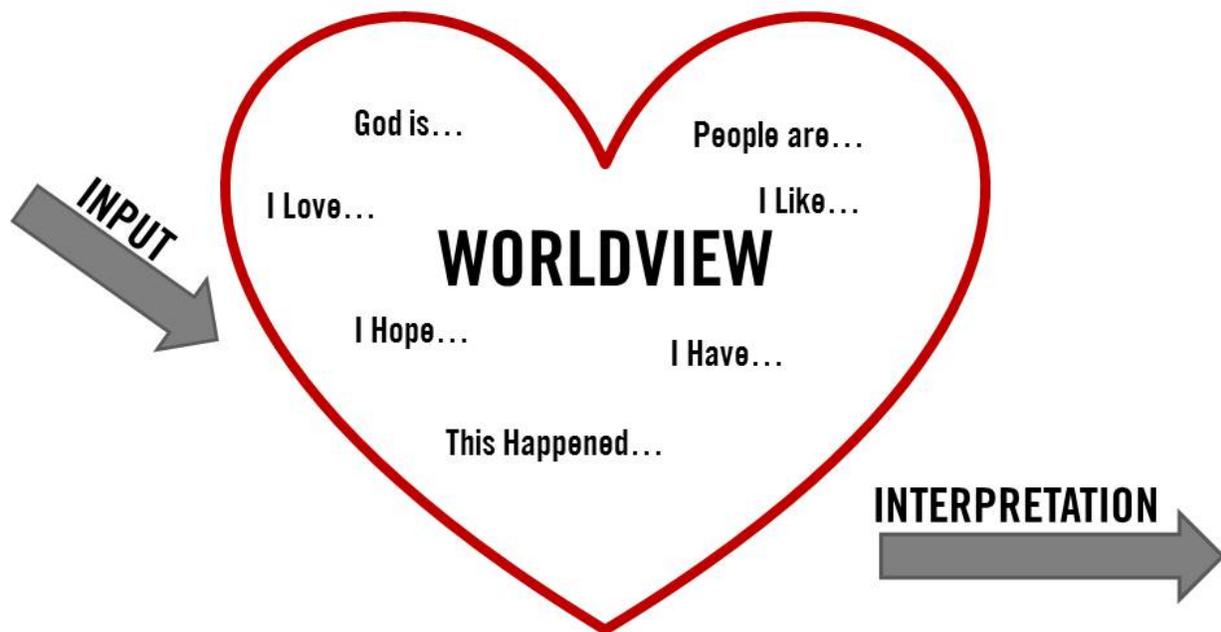
- *How would you explain biblical counseling to someone who has never heard of it?*
- *Why is Scripture so important to counseling?*
- *What does "trusting, loving, and worshipping Christ" have to do with helping people who are hurting?*

## DEVELOPING A WORD-BASED, GOSPEL-CENTERED WORLDVIEW

*Romans 12:2 — 2 Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.*

### I. THE IMPORTANCE OF A WORLDVIEW / BELIEFS OR FAITH SYSTEM

Worldview (your beliefs or faith system): *What you believe and your understanding of God, yourself, your circumstances, and the world you live in. It is the filter through which you interpret life.*



Two reasons it is important to discuss the idea of worldview in a class on counseling:

1. **Because the person you are counseling lives life based on their worldview (their beliefs).**
  
  
  
  
  
  
  
  
  
  
2. **Because your counsel is based on YOUR worldview (and understanding of THEIR worldview).**

**Goal: *Rather than memorize facts, develop a more Word-based, Gospel-centered worldview***

1. Word Based:  
2 Timothy 3:17-18; 2 Peter 1:2-4

2. Gospel-Centered:  
Galatians 6:14

## II. BUILDING AND ORGANIZING A WORLDVIEW

**Gospel Lenses:** *Organize truths according to topic, which become lenses through which you interpret life.*

A Word-Based, Gospel-Centered Worldview will give you the lenses through which you now interpret life (your own and your counselee's), and from that interpretation you offer them Word-Based, Gospel-Centered Counsel.

Examples of lenses through you should see the world:

- **The Character of God** (example: Romans 8:31-39): Life must be interpreted in light of a God who is sovereign, loving, wise, and holy.
- **The All-Encompassing Nature Of Worship** (Romans 1): We are all worshipers; every moment is a worship moment; and what we worship determines how we live.

- **The Primacy Of Loving God And Others** (Mark 12:28-34): Our greatest goal (and the goal of those we counsel), is to love God and love others (the second flowing from the first).
- **The Pervasiveness And Devastation Of Sin And Idolatry** (1 John 1:5-2:2): Because our greatest good is the worship of God, the greatest danger to our lives is not evil circumstances or evil people, but the sin and idolatry of our own hearts.
- **The Transformation That Comes Through The Gospel** (Galatians 6:14): If sin and idolatry are our greatest problems, then there is hope because while the Gospel doesn't promise to change our circumstances, it does promise to change our hearts.
- **The Grace Of Suffering** (Romans 8:28-29): God doesn't just give us grace in suffering, but suffering is a grace as he uses it to transform our hearts, fulfill his plan, and bring himself glory.
- **The Hope And Gravity Of Eternity** (2 Corinthians 4:16-18): We must live in light of eternity and remember that our circumstances are just a small part of the bigger story of redemption.

Four benefits to developing a more Word-Based, Gospel-Centered worldview:

1. Allows you to develop a worldview that is steadfast amidst the storms of life.
2. Allows you to create a system to store and organize truth.
3. Allows you to interpret your counselee's unique situation and spiritual condition effectively and offer biblical counsel wisely.
4. Allows you to help your counselee develop their own Word-Based, Gospel-Centered Worldview.

Big Picture Idea of Counseling: Help people to trust, love, and worship Christ.

**Counseling is about showing Christ as worthy to be trusted, loved, and worshiped.** *You are helping others know Christ more deeply and accurately, so that they would trust him more truly, love him more intensely, worship him exclusively, and live for him more faithfully.*

“The most important thing about you is what comes to mind when you think about God.”  
~ AW Tozer ~

## **Appendix 1**

### **The Holy Spirit – Our Hope in Helping Others**

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Our great hope in walking together is that someone greater than us walks with us and works in and through our relationships. The Holy Spirit is vital to any relationship that seeks to offer help to another, thus it is important to see how He works inside our hearts and relationships so that we hope in Him as we walk alongside others. To encourage our hope in the Spirit's work, here are a few ways Scripture teaches us about how He works.

#### **1. The Spirit Convicts**

*He convicts unbelievers of sin and their need for salvation (John 16:8-11).*

In love, God the Father sent his Spirit into the world to convict unbelievers of their sin because they need to believe in Jesus Christ for forgiveness and salvation (John 16:9). Each member of the human race needs the Spirit for this work because no one can experience such conviction on their own. All sinners are hardened in unbelief and disobedience and never feel the weight of their sin without the work of the Spirit (Rom 3:10-12).

By God's grace, we have the privilege of being used by the Spirit to place the truth of the gospel before those who do not know Christ and thus aid in allowing the opportunity of conviction to occur. While we do not hope in our skill or ability to change someone's heart toward Christ, we do rejoice in the opportunity we have to be used by the Spirit to love unbelievers knowing that He is our only hope that they can come to saving faith.

*He convicts believers of sin and their need for regular repentance (2 Cor 7:9-10).*

In this passage, Paul rejoices that the believers experienced godly grief. This work of the Spirit through revealing truth leads Christians to see both the reality of their sin and the forgiveness provided for it on the cross. As the passage indicates, those who experience this godly grief move back toward God through repentance.

But it is important to see that God used Paul, to present the truth to the Corinthian church and the Spirit used that truth to change their hearts. Thus, while God doesn't need us, He still uses our human relationships in the body of Christ to be part of the Spirit's work in pointing individual hearts back to Him.

#### **2. The Spirit Indwells (John 14:16-17)**

Here Jesus states that for believers the ministry of the Holy Spirit is present internally. The Spirit comes and resides in believers and displays the presence of Christ within them. God's indwelling presence means that he dwells within

believers in a special way that leads them to call out to God in faith as Father (Gal 4:6).

This indwelling presence is vital to our relationships with one another within the church. By pointing each other to God's presence within us it helps our brothers and sisters hope in the intimate presence of God dwelling inside them at work in their hearts in the midst of every trouble they experience. Much like the comforting presence of a parent to a child who has a bad dream, the indwelling presence of God allows us to run to Him and continually find Him present to love and care for us.

### **3. The Spirit Teaches (2 Pet 1:20-21 / Luke 24:27)**

The Holy Spirit inspired the writing of all Scripture in order for the gospel of our Lord Jesus Christ, the story of our redemption, to be known and studied to expand our understanding and worship of Christ. But not only did the Spirit inspire the Holy Scripture to testify about Christ, He also illuminates truth as we study and meditate on God's word so that we are changed. In our practice of meditating on the living word of God, we should expect the Spirit to continually search our hearts, show us our need for grace, and display the glory of Christ so that we are transformed into His image (2Cor 3:18).

### **4. The Spirit Empowers (John 14:15-16, 21, 23 / Gal 5:22-23)**

If the indwelling Spirit only opened our eyes and showed us Christ, but did not provide the power for us to become like Christ we would still live just like the world. It's one thing to know what God desires for us to do, but quite another thing to possess the power to accomplish it. This is why the words of Christ in John 14 are comforting to us — 15 “If you love me, you will keep my commandments. 16 And I will ask the Father, and he will give you another Helper, to be with you forever.”

This is because for Christians obedience is not optional, rather becoming like Christ in our hearts and lives is the inevitable result of knowing Him. That is why he calls obedience the evidence of our love for him. True obedience points to a genuine relationship with Him empowered by the Spirit. So what should we expect to see in our lives? According to Gal 5:22-23 we should anticipate a constant catalogue of good fruit in our lives as a sign of the Spirit's empowering work -- love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. As we bear this fruit, Christ stands forth in our lives and relationships and we are able to help one another because Christ dwells in us and works through us to love those He places in our lives.

## **Appendix 2**

### **DRAWING COUNSELING TRUTHS FROM A SERMON**

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Pastor Tim sent this to our counselors to encourage them to draw counseling truths from a recent sermon:

Hi Lighthouse Counselors,

I trust you were blessed by the message yesterday. One of the great blessings of counseling in the church is that those we walk with are hearing the messages that are given on Sundays and we can connect our counseling sessions to what the Spirit is doing in hearts through the preaching and Sunday worship services.

Here are some observations I made from yesterday's message that I thought we could reflect on and possibly share with those we counsel this week. Some of these questions were mentioned by Kim during his message:

#### **- Potential questions to ask counsees to follow-up on the sermon:**

1. Where are you tempted to have an inward gaze?
2. What do you see as the particular danger of your inward gaze?
3. What desires tempt you to turn inward?
4. Why did Pastor Kim say, "The solution to the inward gaze is to look upward?"
5. What truth have we covered throughout counseling that fuels your upward gaze?
6. Can you see how this truth has transformed the way you see others (outward gaze)?

#### **- Questions for us to ask ourselves as counselors in light of the message:**

1. As a counselor, how am I calling counsees away from their inward gaze and onto Christ?
2. While we pursue a clear understanding of the heart when we counsel, how does the heart evaluation of our counsees encourage a clearer upward gaze? Do we see all of our idol hunting and heart evaluation as a means to better orient a counselee's worship toward Christ?
3. Do our counsees understand that the goal of counseling is growing an upward gaze that moves them outward to love others?

If you have any additional counseling questions or applications from yesterday's message that you'll be using this week, please feel free to reply all and share it with us. Thank you all so much for your faithful ministry to walk with our church family through counseling.