



Why Biblical Counseling?

Dr. Ernie Baker

Welcome to our “Why Biblical Counseling?” – a Pre-Training Conference

7:45am	Registration & Check in
8:15am	Session #1 What is Biblical Counseling?
9:15am	Break
9:30am	Session #2 What Makes Biblical Counseling Different?
10:30am	Break
11:00am	Session #3 How Does A Person Change Biblically?
12:00pm	Lunch
12:45pm	Panel Q&A – Answering Questions about Biblical Counseling
1:30pm	Closing

Our next Biblical Counseling Conference Dates:

Fall 2019 “ACBC” Training Fundamentals Course*

- September 6,7
- October 4,5
- November 1,2

* The Emmaus Biblical Counseling Center (Portland) Teaching Team will be leading the training. They are an ACBC certified Training Center.



Association of Certified
Biblical Counselors



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Dr. Ernie Baker

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What is Biblical Counseling and what makes it different? (Part 1)

Introduction:

I. Counseling systems have a **Source of authority**.¹

A. Secular views of authority

B. Biblical counseling's source of authority:

- Psalm 19:7
- 2 Timothy 3:16-17

The Bible, then, is the only source of tangible, eternal Truth on earth (Isa. 40:8). This understanding ensures the total sufficiency of Scripture when applied to every issue addressed therein (Psalm 19:7-14). Having embraced this view, a scientist looking at the universe recognizes that the entire creation is the handiwork of a sovereign God (John 1:3). His/her subsequent observations and explanations will be consistent with this perspective. Any observations that appear to be at odds with this declaration of the origin of creation will be reassessed in a way that does not deny the Truth of what God has clearly and unambiguously said He has done (Dr. Taylor Jones, *Think Biblically!*, page 236).

II. Counseling systems have a view of what's wrong with humans—**Sin**. What's the problem with humans?

A. Secular views of the problem:

For example—Behaviorism--The "Sin" in behaviorism would be a person's poor conditioning. Everyone is conditioned or trained by their environment to learn how to respond (or behave). When a person is taught wrong responses in any given situation (as opposed to what the social norm for responses in those situations), they have been poorly conditioned. This is the major problem to be fixed (or the sin).²

- A big debate in the counseling world, is it nature or nurture?

¹ The "six S's outline originated with Dr. David Powlison, of Westminster Theological Seminary, and has been adapted and expanded by Dr. Ernie Baker.

² The comments under Behaviorism's view for each point are from a graduate of our MABC (the Master of Arts in Biblical Counseling) program who also holds a graduate degree in Behavioral Counseling.

B. The Biblical counseling view of what is wrong:

1. Image bearers—Genesis 1:26-27
2. Worshipers, religious by nature
3. The fall changes everything! Genesis 3; Romans 1:25 (We live in a fallen world, with fallen bodies, we sin and are sinned against)
 - “Radical Corruption,” “Total Depravity”
4. We live out of our “hearts” (Proverbs 4:23) but the heart has been shaped by sin (Jer. 17:9). We have worship disorders.

III. Every counseling system proposes solutions—**a way of Salvation**. What is the solution?

A. Secular solutions –there are many.

For example: “Jungian psychotherapy is...a way of healing and a way of salvation. It has the power to cure....in addition it knows the way and has the means to lead the individual to his ‘salvation,’ to the knowledge of a fulfillment of his personality, which have always been the aim of spiritual striving....Apart from its medical aspect, Jungian psychotherapy is thus a system of education and spiritual guidance” (Jacobi, *The Psychology of C. G. Jung*).

Behaviorism’s salvation is reconditioning. This is a process of using behavioral principles to re-train a person to make correct responses to situations they have previously learned incorrect responses to.

Another example is CBT

B. Biblical counseling’s solution:

- Isa. 61:1-2a ; The solution is a person!
- Titus 3:3-7
- I Cor. 6:9-11
- Matt. 12:34-35; Correcting worship disorders!
- The gospel is not just a message to believe, but is also a person to follow.

Conclusion: What questions does this raise about biblical counseling?

What did you hear that encourages you?

What did you hear that concerns you?

What is Biblical Counseling and what makes it different? (Part 2)

Introduction:

IV. Every counseling system has a view of how people change and how to help them change (methods) – **Sanctification**. How does change take place?

A. Secular views of change

Behaviorism's sanctification is operant and classical conditioning. These are methods to train people how to make responses. Operant and classical conditioning is the use of reinforcement, punishment, and pairing principles to teach responses. This happens naturally in the environment and can also be used systematically to train desired responses.

B. Biblical counseling's view of change.

- 2 Cor. 3:18
- Romans 8:28-29
- Phil 1:6; 2:12-14
- Embedded in the gospel is the power to change lives...and it will.

V. Every counseling system has **support systems**.

A. Secular support systems-- Institutions that teach the worldview, support groups, mental hospitals, etc.

Behaviorism has support systems as well. These are the trained professionals and schools that teach behavioral principles, as well as group therapies designed to provide support to people

B. Biblical counseling's support system is God's design—the local church (His incubator for growth)

- Romans 15:14
- The New Testament Epistles were written to local churches and dealt with specific issues (they are full of biblical thinking on specific issues like, marriage, emotions, relational conflict, desires, sexual issues, etc).
- The "one anothers."
- Make disciples/making worshipers; Matt. 28:18-20
- Shepherding

VI. Every counseling system has ***servants***. What is the role of the counselor?

A. Secular view—many different views as to the role of the counselor.

B. Biblical view—every member ministry, not just professionals.

- Bears burdens
- Loves others
- Speaks truth in love
- Uses biblical wisdom
- Listens well
- Disciplers
- Shepherd
- etc

Conclusion: Is biblical counseling ***sufficient*** to handle the “hard cases?”

How Does a Person Change Biblically? Worship and Sanctification

Introduction:

Dealing with stubborn desires—Kelli’s story

I. Ephesians four and change (4:20-32).

A. The flow of thought (20-24).

- 3 parts

B. Illustrations of change because of the difference the Lord makes in a life.

II. False worship as an indicator of why change is needed.

Brainstorming worship words—what are we commanded to do in relationship to the LORD?

A. Matthew 12:33-35

B. False loves, misplaced hope, misplaced trust

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III. A lifestyle of worship leads to change/sanctification.

This is one of our strongest weapons against strong desires—superior loves, hopes and trust/faith defeats inferior loves, hopes, trusts.

A. A lifestyle of loving God and others leads to sanctification

Love is a mechanism of growth

“For people will be lovers of self, **lovers** of money....**Lovers** of pleasure rather than **lovers** of God”(2 Timothy 3: 2, 4).

1. Defining love—

2. Matthew 22: 34-40

3. Romans 13: 8-10

4. Using love to battle sexual temptation.

B. A lifestyle of trust/faith in God leads to sanctification

1. Defining faith/trust—

2. Galatians 2:20

3. Psalm 33: 20-22

4. Using vigorous faith to battle worry

C. A lifestyle of proper hope leads to growth

1. Defining hope

2. Watch out for false hopes (I Timothy 4:17, cf. Psalm 33:17-22)!

3. Romans 15: 4-5, 12-13

4. Using proper hope to battle depression or fear

III. Worship as a goal of sanctification/change.

Romans 11:36

Conclusion:

So, what do you do? Worship! Rejoice in, trust, love, hope in, fear, praise, delight in, treasure and do it all over again and again and again.

Panel Discussion Q&A
Answer Questions about Biblical Counseling