

Road to Emmaus

Biblical Counseling Center

Providing Instruction & Giving Homework

Sept. 2019, Pastor Kerry Francetich

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Introduction:

Review of elements 1 through 4

1. Gather Data
2. Discern the Problem Biblically
3. Establish Involvement
4. Give Hope

I. Element 5: Provide _____

A. The instruction must be based on the Bible, (2 Tim. 3:16-17, Ps. 19:7-11) and not on man's _____ (Col. 2:8, 1 Cor. 1:20, 2:4-5)

B. The instruction must be _____.

1. Key Bible concepts must be taught – hope, love, joy, peace, salvation, justification, sanctification, repentance, sin, faith, idolatry, guilt, pride, wisdom, forgiveness, confession, etc.
2. Proper hermeneutics must be followed, correctly interpreting passages in their context.
3. Application should be two-faceted – for putting off and putting on.
4. God's directives and man's suggestions should be clearly differentiated.

C. The instruction must be _____.

1. Appropriate to the counselee's problems.
2. Appropriate to the counselee's spiritual maturity
 - a believer or not?
 - mature or not? (Heb. 5:12-14)
 - unruly, faint-hearted or weak? (1 Thess. 5:14)
3. Appropriate to the counselee's _____. (is he visual, auditory, a reader, listener, discussion-oriented, etc.)

II. Element 6: Give _____

A. The Rationale:

1. Biblical examples – 2 Kings 5:10, Mt. 19:21-22.
2. It takes what you discussed and translates it into _____.
3. It puts the _____ for change where it belongs, on the counselee.
4. It continues the counseling principles beyond the sessions.
5. It says you believe things can change today.
6. It forms the subject of future counseling.

B. The Process:

1. Be _____.
2. Target both information and action (doing).
3. Make the assignments appropriate to the problem(s).
4. Review the previous session's homework at the _____ of each session.
5. Keep assigning homework every session, beginning with the first.
6. Use carbonless assignment sheets so both the counselor and counselee know exactly what was assigned.

C. The Content:

1. Scripture _____
2. Scripture _____
3. Theological reading appropriate to the problem.
4. _____ appropriate to the problem
5. Use regular activities like church attendance and Bible studies – taking notes, tying into their problem, etc.
6. _____ – counselee praying and enlisting others

D. Characteristics of good homework:

1. It actively uses the Bible (Isa. 55:8-11; 2 Tim. 3:16-17, Heb. 4:12)
-Have your counselees read, memorize, meditate on, and research the Bible.
2. It emphasizes biblical understanding (Eph. 4:23, Rom 12:2)
3. It applies Scripture to life circumstances (Eph. 4-6, Col. 3, 1 John 2:6)
4. It is specific and measurable.
5. It is useful for the next session(s).
6. It encourages the key spiritual disciplines (Bible reading, memorizing, doing, praying, listening)
7. It uses various resources to cover multiple learning avenues
8. It is thoughtfully considered.

Resources:

Wayne Mack, *A Homework Manual for Biblical Living, Volume 1: Personal and Interpersonal Problems*, (P & R Publ., 1979).

Wayne Mack, *A Homework Manual for Biblical Living, Volume 2: Family and Marital Problems*, (P & R Publ., 1980).

Wayne Mack and Wayne Eric Johnston, *A Homework Manual for Biblical Living, Volume 3: Christian Growth and Discipleship*, (Focus Publ. 2008).