

## INTRODUCTION: review

I. **KEY COMPONENTS OF BIBLICAL COUNSELING – 2Timothy 3:16**

- 1.) **Doctrine** – teaching from the standard of the Word of God. A sound understanding of the Word of God, exegetical, systematic, biblical, wrought by sound exegesis of the text of Scripture. Not just magical verses that one memorizes, saying "take two Scriptures and call me in the morning."
- 2.) **Reproof** – refuting error, convicting of guilt, to prove wrong with adequate proof. In this sense, biblical counseling is necessarily confrontational Prov1:25; 6:23; 10:17. It sees sin as the primary problem.
- 3.) **Correction** – to correct what is wrong, to set upright, to set in place for usefulness. Not merely groveling in what is wrong, but then learning what is the right way to think and live. What is the remedy for our wrongs in seeking forgiveness from God through Christ and depending on the help of the Holy spirit.
- 4.) **Discipline** in righteousness – discipline and establishment by repetition of new ways of thinking and behaving. This is one of the major factors for failure (next to a person not being a Christian). Starting well, then giving up when difficult. Not truly establishing new ways of life. Christian life lived in "mystical" way, as opposed to biblical effort.

II. **RIVAL PHILOSOPHIES OF BIBLICAL COUNSELING**

	<b>Depth Psychology</b>	<b>Behaviorism</b>	<b>Third Force</b>	<b>Biblical/Nouthetic</b>
<b>Leader</b>	Sigmund Freud (1856-1939)	B.F. Skinner (1904-1990)	Carl Rogers (1902-1987)	Jesus Christ
<b>Man</b>	Instinctual animal <u>Id</u> – ruled by desires <u>Superego</u> – Imposed morals <u>Ego</u> – Controller	Conditioned animal beginning as blank tablet.	Essentially good, human potential, self-esteem, knows what is right for them.	Created in image of God as moral being. Created to please God.
<b>Problem</b>	Conflict between Id and Superego. Morals imposed by family, religion, and culture.	Failures in environment, other people.	Environment suppresses true potential.	Fallen sinner by choice. Consequences of sin in relationships, disobedience to God, etc.
<b>Responsibility</b>	Not man's.	Not man's.	Not man's.	Man's.
<b>Guilt</b>	False, unnecessary, limiting.	Not important, because no absolute standard.	Not important. Must learn to be comfortable and accept self as is.	Result of sin. Is real, and to be dealt with biblically.
<b>Solution</b>	Have Ego mediate between Id and Superego to pursue pleasures within allowable norms.	Recondition, restructure environment, use of rewards/punishment to change behavior.	Help realize potential by helping to look within self. Focus on one's feeling. Unconditional acceptance, thus, much talking, no directives.	Deal with guilt by the Gospel, engage in God's process of change through Scripture and the Holy Spirit, focus on right thinking rather than feeling-oriented, change begins immediately.
<b>Counselor</b>	Expert, interpreter, psychoanalyst	Technician.	Those trained to "mirror" questions. Non-intrusional "client centered therapy."	Those with the Word of God and the Holy Spirit.
<b>Symbol</b>				
<b>Apparent Similarities</b>	<u>Looking into the past</u> - to be able to vent and	<u>Behavior modification</u> - no standards vs.	<u>Listening</u> - Feelings most important, with	

	<p>to find those to blame vs. finding sinful patterns of thinking and behavior, realizing past sins will have present effects. <u>Stress</u> - is the problem vs. our response is the problem</p>	<p>change by God's Word into the image of Christ. <u>Habits</u> – are product of our environment (no hope) vs. result of our wrong response to environment (hope)</p>	<p>solution in the person vs. obedience to God most important, with directives from His Word. <u>Questions</u> – To mirror back to person vs. understanding for the purpose of focusing on what to change.</p>	
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