

# Biblical Counseling

Pastor Walt Willett Grace Baptist Church of Indianapolis  
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## Course Description

An introduction to the theological foundations, basic concepts, and distinctive features of Biblical Counseling. Specific attention will be given to preparing pastors and church leaders to solve problems with the Word of God. The class covers how to deal with anger, worry, fear, depression, family and sexual problems, drugs, alcoholism, etc.

## Instructor

**Rev. Walt Willett, M. Div.**

**Education:** B.A. - Taylor University, M.R.E. - Conservative Baptist Theological Seminary, M. Div. - Anderson School of Theology, MAR Anderson School of Theology, M.S. - Purdue University

**Ministry Experience:** Pastor Willett has served as a youth pastor, minister of Christian Education, Senior Pastor for 25 years at Antioch Congregational Christian Church and Grace Baptist Church of West Lafayette and a professor for 20 years. He has served as a missionary with Carver Foreign in Monrovia, Liberia for three years. He taught at the Monrovia Bible College. Since 1991, he has taught at Crossroads Bible College and served as the chair of the Christian Education Department and Biblical Counseling Department which have been merged into the Biblical Counseling/Discipleship Department. He has been helping people through counseling since 1970.

Pastor Willett lives in an urban neighborhood where pastors the Grace Baptist Church of Indianapolis a church that meets in two homes. They are working and praying for a safe, caring neighborhood with good school choices. Pastor Willett provides free counsel and problem intervention for the neighborhood.

Pastor Walt Willett lost his wife Feb. 7, 2016 after an 8 year battle with Ovarian Cancer. In March, he traditionally married, Deaconess Agnes Wrueth, who was a Baptist Pastor's widow of 4 years, who is a nurse, mid wife and owns a clinic with 22 employees in Monrovia, Liberia. Pastor Willett's church is working with Sister Agnes's JAW clinic to develop a computer school, guest house ministry, wi fi internet café and print shop, Bible classes and counseling. Pastor Willett will be spending more and more of His time in Liberia developing the Liberian branch of the ministry.

Because of his community ministry in 2005, Pastor Willett was awarded a Journey Fellowship through Lilly Foundation. August 7, 2007 he was named Crime Fighter of the Year for the Southeast District of the Indianapolis Police Department.

## Goals of the Course

### **Cognitive Objectives What should I know?**

The student will be able to answer the following basic questions regarding Biblical counseling.

**1. What is Biblical counseling and what are its distinctive features?**

This question will be answered through lecture and reading chapters 1-2 of *How to Help People Change* by Jay Adams.

**2. What are the similarities and differences between Biblical counseling and other forms of counseling?** This question will be answered through class lecture.

**3. What does the Bible teach about how people change and grow?**

How can I personally change and grow so I can model change and growth? This question will be answered through class lecture and reading Jay Adams *How to Help People Change* Chapters 1-25.

**4. What are the key elements of effective urban Biblical counseling?**

This question will be answered through class lecture.

**5. What does the Bible say about some common urban problems?** What does the Bible say about such problems as anger, worry, fear, depression, family and sexual problems, drugs and alcoholism? These questions will be answered through class lecture.

**6. How does Biblical counseling relate to the urban local church?**

This question will be answered through class lecture.

**7. How do I develop as an urban Biblical counselor who works with different ethnic groups and what training schools and organizations of Biblical counselors are available?**

This question will be answered through class lecture.

**Affective Objectives:** What are my feelings, beliefs and attitudes toward Biblical counseling?

**8. The student will believe the Son as revealed in God's Word provides all we need for eternal life and godliness.**

**9. The student will grow in the grace and knowledge of our Lord and Savior Jesus Christ through trusting God more, and obeying God more.**

**10. The student will gain confidence that God can use them to help counsel urban people and all others.**

**Behavioral Objectives:** How should I apply this knowledge?

**11. The student will improve listening skills - James 1:18-19.**

**12. The student will learn to think about problems Biblically.**

**Text Book: Bible and Handouts.**

**Recommended Reading:**

Adams, Jay E., *How to Help People Change*, (Grand Rapids, Zondervan Publishing House, 1986).

3. Tripp, Paul, *Instrument in The Redeemer's Hands* (Phillipsburg, P&R Publishing, 2002).

# Class Requirements

The requirements are aimed at helping the student grow in the following: Christian maturity, Bible knowledge, and ministry skill. See assignment schedule for due dates and point distribution.

## Growing Bible Knowledge and Use:

### Required:

1. Take a comprehensive final over all seven questions (200 points). The final will have a written and short answer component. **Final: Session 11.**
2. Summary Questions 1-4 revisions, and summary Question 5-7 (200/100 points each). **Due Session 5 and Session 10).**
3. Weekly Quizzes Week 2 -10 10 pts each. **Total 90 Points.**

## Growing Christian Maturity:

### Required:

4. Study 10 relevant Bible verses (see assignment schedule). Study each verse, meditate on each verse, and begin to implement it through the Holy Spirit's enabling (Phil. 2:12-13). Memory verse quiz will be given at the start of each session (10 points for each 7 day memory system report sheet and 10 points for writing out the verse). **Due each week.**
5. Attend on time and participate in the class (150 points total). (10 times 5 points for attending class, 5 points for being on time, and 5 points for participation) If a person returns late from break, he/she will be considered late for that class period. **Breach of confidentiality results in a 100 point deduction.** Content mentioned during discipleship/counseling time stays within this group and information gained during counseling observation must be kept confidential. **Due Each week.**

## Growing Ministry Skill

### Required:

7. Turn in the 5 listening exercises (20 points each total 100 points). **Due: Sessions 2, 4, 5, 6, 7,**
8. Class Notebook Port Folio - 100 points - **Due Session 11**

### Extra Credit

1. Additional Book Reports - 10 points for each page with a summary of each chapter. **Due Session 10**
2. "Sufficiency of Scripture in Counseling" essay - 100 Points - **Due Session 10**
3. Extra Listening Assignments - Max 100 points **Due by Session 10**
4. Counseling Session Observations - 50 Points **Due by Session 10**
5. Your choice project (Needs professor approval and points will be assigned **Due by Session 15**

### Grade Scale

<b>A</b>	=	<b>100</b>	-	<b>94%</b>	-	<b>1040</b>	<b>978</b>
<b>B</b>	=	<b>93</b>	-	<b>85%</b>	-	<b>977</b>	<b>884</b>
<b>C</b>	=	<b>84</b>	-	<b>76%</b>	-	<b>883</b>	<b>790</b>
<b>D</b>	=	<b>75</b>	-	<b>70%</b>	-	<b>789</b>	<b>728</b>
<b>F</b>	=	<b>69</b>	-	<b>0%</b>	-	<b>728</b>	<b>0</b>

### Grading Formula

**Your Grade will equal required assignments + required your choice assignments – grade reductions.**

## **You Will Receive Points For:**

### **Required Assignments:**

- 1) Final Exam (200 - 100 points each). **Due Session 10**
- 2) Summary of Questions 1-4, & 1-7 (200- 100 points each). **Due 5 & 10.**
- 3) Quizzes (10 points each total 90 points).
- 4) Memory System Reports (Total 200 points, 7 days in the Word 10 each or 100 points. Memory Verse 10 points each, 100 total . **Due Each Week.**
- 5) Attendance - 150 Points (Attendance 150 points 5 points per session, Attend on time for class 5 points. 80 on time after class). **Due Each Week**
- 7) Listening Assignments (100 Points 20 points each). **Due: 2, 4, 5, 6,7**
- 8) Class Notebook Portfolio (100 Points). **Due session 11.**

**Total 1040** If you do not do well on the above you can still honor the Lord with a good grade by doing extra credit assignments.

### **Extra Credit**

- 1) Additional Book Reports - 1 points for each page with a summary of each chapter. **Due by Session 14**
- 2) "Sufficiency of Scripture in Counseling" essay (100 points). **Due Session 14**
- 3) Extra Listening Assignments (Max 100 points). **Due by Session 14**
- 4) Counseling Session Observations (50 points). **Due by Session 15**
- 5) Your choice project (Needs professor approval and points will be assigned). **Due by Session 15**

### **Grade reductions will be taken for the following reasons:**

- 1) **Excessive Absences - 2% of grade total for each day absent past the Allowable per attendance policy**
- 2) **Breach of Confidentiality - 100 point reduction**
- 3) **Plagiarism - Automatic Failure**

## CLASS AND ASSIGNMENT SCHEDULE

**HHPC=How to Help People Change** by Jay Adams

**IRH= Instruments In The Redeemer's Hands** by Paul Tripp

<b>Date</b>	<b>Session</b>	<b>Class Topic</b>	<b>Assignments Due</b>
<b>What is Biblical counseling and what are its distinctive features?</b>			
6/4/18	1	Introduction to Biblical Counseling & Goals	- <b>Bold Required</b> , Non-Bold Elective
6/11/18	2	Memory Verse Quiz: Romans 15:14 Qualifications, Listening, Definitions	<b>Write the answer to your first question.</b> <b>Listening Assignment 1,</b> <b>Quiz 1</b> <b>Memory Verse 1</b>
<b>What are the similarities and differences between Biblical counseling and other forms of counseling?</b>			
6/18/18	3	Memory Verse Quiz: II Timothy 3:16-17 Similarities and Differences; Historical Developments; Integration theories	<b>Work on question no. 2</b> <b>Class Quiz 2</b> <b>Memory Verse 2</b>
<b>What does the Bible teach about how people change and grow?</b>			
6/25/18	4	Memory Verse Quiz: Psalm 119:11 Biblical Principles for Growth, Part 1	<b>Listening Assignment 2,</b> <b>Class Quiz 3</b> <b>Memory Verse 3</b>
7/2/18	5	Memory Verse Quiz: John 17:17 Biblical Principles for Growth, Part 2	<b>Outline Instruments ch. 5, 6,</b> <b>Listening Assignment 3</b> <b>Class Quiz 4</b> <b>Memory Verse 4</b>
<b>What are the key elements of Biblical counseling?</b>			
7/9/18	6	Memory Verse Quiz: Hebrews 4:12 The Helping Relationship The 6 Key Elements of Counseling # 1-3 Key Elements #4 Giving Hope #5 Giving the Word #6 Giving Homework, Marriage	<b>Work on Question 3</b> <b>Listening Assignment 4</b> <b>Class Quiz 5</b> <b>Memory Verse 5</b>
7/16/18	7	<i>Memory Verse Quiz: Philippians 1:6</i> Speaking the Truth in Life	<b>Work on Question 4</b> <b>Listening Assignment 5,</b> <b>Class Quiz 6</b> <b>Memory Verse 6</b>
<b>What does the Bible say about common problems?</b>			
7/23/18	8	Memory Verse Quiz: Romans 12:2 <b>Marriage and Family</b>	<b>Work on Question 4</b> <b>Class Quiz 7</b> <b>Memory Verse 7</b>
7/30/18	9	Memory Verse Quiz: James 1:27 <b>Fear, worry</b> <b>Depression, Drugs &amp; Alcohol</b> Forgiveness	<b>Work on Question 5</b> <b>Class Quiz 8</b> <b>Memory Verse 8</b>
<b>How does Biblical counseling relate to the local church?</b> <b>How do I develop as a Biblical counselor and what training schools and organizations of Biblical counselors are available?</b>			
8/6/18	10	Memory Verse Quiz: James 4:8	<b>Summaries Due</b> <b>Class Quiz 9</b> <b>Memory Verse 9</b>
8/13/18	11	Final Exam	<b>Class Quiz 10</b> <b>Memory Verse</b>

## Student Integrity and Plagiarism Policy

During the course of this study, each student will be graded on his or her own participation in the learning process. In order to fairly evaluate each student in light of the class as a whole, each student must complete his/her work on their own, unless otherwise assigned by the instructor to participate in a group project. While study groups to review for quizzes or exams are encouraged, any work turned in should represent the efforts of that student and that student alone. This policy applies to married and engaged couples as well. Students may have work proofread for grammar/spelling, or typed by another student/ individual, but may not turn in another's work as ones own, or represent a team effort as ones own work.

Likewise, students completing papers and assignments are not to copy from any source including, but not limited to, the Internet representing it as their own. Students should use authoritative sources but must rewrite the content in the student's own words. Papers must annotate all sources, using properly formatted and standardized notes for college level papers. A complete bibliography also needs to be included at the end of the paper/projects, noting all consulted sources. In addition, a works cited page, included in front of the bibliography will detail all sources cited in the paper.

## Attendance Policy

**“Faithful class attendance is required, just like showing up faithfully to work. It is a matter of Christian discipline and character. Therefore, on-time class attendance is expected. A student is allowed up to two absences per semester for emergencies. Each additional absence deducts 2 percentage points from the student’s final grade. Three tardies or early departures equal one absence. Each professor decides whether or not to accept assignments due on a date the student was absent. Any exception to this attendance policy is at the discretion of the professor.”**  
**Excessive absences will be referred to Student affairs for Counseling.**

## Incomplete Policy

In unusual circumstances (illness, family emergency, etc.) students may request additional time to complete the requirements for a course beyond the close of the semester. This additional time is requested through signing an incomplete contract with the professor and is granted at the discretion of that professor upon payment of the incomplete fee of \$25.

## Late Assignment Policy and Missed Work

### Turning in Assignments:

- Please turn in papers (in class, to the teaching assistant) **on their due dates**. Papers that are not complete on the due dates will be received by the teaching assistant, in class the following week. **Papers put in Pastor Willett’s mailbox or under his door will be thrown out.** Only the papers received through the proper channels will receive a recorded grade. Keep all graded and returned homework until the semester is over and there are no questions concerning your permanent grade. If you have any questions concerning your grade, please see the teaching assistant. If there are any discrepancies concerning any of your grades, you will have your graded homework or test papers to prove your differences. This must be done within the defined time period given by Pastor Willett.

### Late Papers:

- **Assignments turned in after the due, will be counted as late and you will incur the following assigned penalty. The due date ends when class is over.**
- **Papers one-week late will receive a maximum of 75% of the original grade.**
- **Papers two-weeks late will receive a maximum of 50% of the original grade.**
- **No papers will be accepted after two weeks!**

## Condensed Bibliography

1. Adams, Jay E., *A Theology of Christian Counseling* (Grand Rapids, Zondervan Press, 1979).
2. Adams, Jay E., *Competent To Counsel* (Grand Rapids, Baker Book House, 1970).
3. Adams, Jay E., *Ready to Restore* (Phillipsburg, Presbyterian and Reformed Publishing Co; 1981).
4. Adams, Jay E., *The Christian Counselor's Casebook* (Grand Rapids, Zondervan Publishers House, 1974).
5. Adams, Jay E., *The Christian Counselor's Manuel* (Grand Rapids, Zondervan Publishing House, 1973).
6. Adams, Jay E., *The Use of the Scriptures in Counseling* (Grand Rapids, Baker Book House, 1975).
7. Adams, Jay E., *The War Within* (Eugene, Oregon, Harvest House Publishers, 1989).
8. Bulkley, Ed, *Why Christians Can't Trust Psychology* (Eugene Oregon, Harvest House Publishers, 1993).
9. Ganz, Richard, *Psychobabble* (Eugene Oregon, Crossway Books, 1993).