



Matthew 7:1-5

SELF-CONFRONTATION

A Manual for In-Depth Biblical Discipleship

Based on the
Old and New Testaments
as the only authoritative rule of
faith and conduct.

Syllabus for Course I

Biblical Counseling Training Program

Developed by John C. Broger

SELF-CONFRONTATION

A MANUAL FOR IN-DEPTH BIBLICAL DISCIPLESHIP

This discipleship training material is published by the Biblical Counseling Foundation Inc., a non-profit, non-stock corporation founded in 1974 and incorporated in 1977 in the Commonwealth of Virginia, USA.

Copyright: The contents of this material are Copyrighted © 1978, revised 1980, 1987, and 1991 by the Biblical Counseling Foundation, Inc. All rights reserved. Reproduction in any manner in whole or in part, in English and/or other languages, or storage in a retrieval system, or transmission in any form or by any means — electronic, mechanical, photocopy, recording, or any other — except for brief quotations in printed reviews is prohibited without written permission of the Biblical Counseling Foundation (BCF).

Scripture taken from the New American Standard Bible, © 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977 by The Lockman Foundation. Used by permission.

ISBN 978-1-60536-013-3

1991 EDITION

First – Third Printings, 1991-1992, printed in California, USA

Fourth Printing, February 1993, printed in India

Fifth Printing, October 1993, printed in California, USA

Sixth Printing, January 1994 by Thomas Nelson Publishers, Inc.

Seventh Printing, June 1994, printed in India

Eighth – Ninth Printing, 1994 by Thomas Nelson Publishers, Inc.

Tenth – Twelfth Printing, 1995-1997, International Version, printed in Hong Kong

Thirteenth Printing, Fall 1997, printed in India

Fourteenth – Twenty-first Printing, 1998-2015, International Version, printed in Hong Kong

Twenty-second – Twenty-third Printing, 2019-2021 International Version, printed in Michigan, USA

Twenty-fourth Printing, May 2024, International Version, printed in Michigan, USA



Biblical Counseling Foundation
42550 Aegean Street
Indio, CA 92203-9617, USA

760.347.4608 telephone

760.775.5751 fax

orders@bcfministries.org e-mail for orders

admin@bcfministries.org e-mail for other

877.933.9333 (in USA) telephone for orders only

For information about other materials available through BCF, please visit:
<http://www.bcfministries.org>

USES OF THE SELF-CONFRONTATION MANUAL

The purpose of this manual is to teach you how to examine yourself biblically so you can live in a manner that pleases the Lord and help others to do the same.

The material in this manual also has been used in Bible studies for youth and adults, classes for Christian students (junior high, high school, college, and seminary level), courses of study designed to prepare missionaries for their ministry, evangelism training, discipleship training in prison ministries, Sunday school classes, home group studies, personal devotional studies, and Scripture memorization programs. In addition, it has proved valuable as a resource for pastors, counselors, health care professionals, personnel managers, educators, social workers and other professionals who are responsible to deal with personal and interpersonal problems. As you progress through this manual, you will discover many other uses for this material in your life and personal ministry.

Please do not be intimidated by the volume of Scripture references contained in this manual. A new believer in Jesus Christ can find great comfort and help from looking up only one verse out of many that are listed on a particular subject. On the other hand, the Bible scholar or seminary student may desire to research many of the Scripture references from the original languages of the Bible. No matter how proficient you are in using Scripture, this manual encourages you to rely on the Word of God to discover God's sufficiency for every aspect of your life.



John C. Broger, president emeritus of the Biblical Counseling Foundation, is known internationally for his missionary and evangelical endeavors spanning five decades.

He served four years in World War II and wrote or edited 38 manuals for naval radar training. Subsequently, he was

commissioned electronics officer of Night Torpedo Squadron 91 aboard the aircraft carrier Bon Homme Richard which participated in the Pacific campaigns. The experience gained in electronics gave him the expertise to plan and build the Christian radio stations envisioned in the 1930's to preach the Gospel to the world by means of radio.

At the war's conclusion in 1945, he co-founded and was named the first president of the Far East Broadcasting Company (FEBC), a non-profit, non-commercial, Christian broadcasting corporation. He obtained the first radio franchise granted by the new Philippine Republic and placed the early FEBC transmitters on the air.

During his twelve years with FEBC, he walked the back-trails of Asia to determine better ways of getting the life-changing message of Jesus Christ into the languages of Asia. He was constantly in the midst of the power struggle between the forces of freedom and those who deny the existence of a loving God. (Today, 32 FEBC transmitters carry the Christian message to Asia, Russia, Africa, Latin America, and the Middle East in 141 languages and dialects.)

In 1954, at the height of the cold war between the super-powers, because of his understanding and first-hand experience of the spiritual and ideological conflicts in Asia, Admiral Arthur Radford, Chairman of the Joint Chiefs of Staff requested that he come to Washington D.C. as consultant to the Joint Chiefs of Staff. After much prayer and deliberation with missionary co-workers, he accepted Admiral Radford's request and subsequently resigned his position with the Far East Broadcasting Company. In 1960 he was appointed Director of Information for the Armed Forces

of the United States thus becoming the first civilian to hold that position since Thomas Paine in General George Washington's army of American independence.

As Director of Information for the U.S. Armed Forces, his responsibilities included oversight of 1,100 Armed Forces radio and television stations worldwide and 1,900 newspapers, including *Stars and Stripes*. He also supervised the production of all Department of Defense publications and directed its press and motion picture services.

In his governmental capacity, he was responsible to inform the U.S. armed forces world-wide on such subjects as world affairs, democracy, its freedoms and responsibilities based on the Golden Rule and its accompanying values as opposed to humanistic theories advocating repressive totalitarianism. He frequently lectured to civilian and military colleges and universities on subjects necessary to the high calling and privilege of responsible citizenship. Over a period of ten years, he spoke to civic, educational, religious, and private organizations including the Harvard Business School, the U.S. Military Academy at West Point, National War College, Marine Corps Senior Schools, Armed Forces Staff College, Air Command and Staff College, Industrial College of the Armed Forces, and the Military Assistance Institute.

In 1974 he began to develop biblical counseling training material for the Chiefs of Chaplains of the U.S. Armed Forces. In 1977 after 23 years with the Office of the Secretary of Defense and the Joint Chiefs of Staff under six presidents, he retired from federal service.

Knowing the power of God's Word to change lives, he has devoted his retirement years to the further development of biblical counseling material. In addition, he has originated training classes and seminars to help Christian men and women find God's plan for every problem of life through the total sufficiency of Scripture.

Born in Nashville, Tennessee in 1913, he studied at Georgia Institute of Technology, Texas A & M College, and graduated from Southern California Bible College in 1939. He and his wife, Dorothy, were married in 1941 and now reside in Palm Desert, California.

AWARDS AND AFFILIATIONS

Honorary Doctor of Laws (Wheaton College) • Co-founder and President, Biblical Counseling Foundation • Founding Member and first President, National Association of Nouthetic Counselors • Consultant on Biblical Counseling, National Association of Evangelicals • Board Member, Christian Counseling and Educational Foundation • Member of the Academy, National Association of Nouthetic Counselors • Council, International Christian Leadership • Chairman, National Association of Evangelicals' Churchmen Commission • Chairman, National Capital Area Association of Evangelicals • Honorary Faculty Member, U. S. Army Chaplain's School • Vice-Chairman, Armed Services Committee, President Eisenhower's People-to-People Program • Evangelical Layman of the Year, National Association of Evangelicals • AMVETS Annual Americanism Award • Principle Freedoms Foundation Award • Citation Armed Forces Chaplain's Board • Secretary of Defense Meritorious Civilian Service Medal • Department of Defense Distinguished Civilian Service Medal.

ACKNOWLEDGMENTS

I would like to express my deep appreciation to Bracy Ball, Joe Gearo, Robert Schneider, and Shashi Smith, who comprise the team that worked with me in the preparation of this manual.

*Bracy Ball
Pastor/Teacher*



*Robert Schneider
President*



*Joe Gearo
Vice-President, Business and
Professional Ministries*



*Shashi Smith
Vice-President,
Policies and Plans*



Parenthetically, I am grateful to the members and elders of Family Life Church, Rancho Mirage, California, who so generously approved a leave of absence for Bracy Ball, to oversee the revision and publication of this manual.

Much credit also is due Virginia Baker, Jack Bennett, Becky Elgin, Paul Hoesterey, Cindy Johnson, Maija Jussila, Mike Lane, Patti Lane, Anne Newman, and Carl Smith for their work in various aspects of the development of these materials. Sincere appreciation is extended as well to Beverly Gearo, Elizabeth Wayne, and Christie Welch who have faithfully and patiently typed the numerous revisions along with Ellen Applegate, Kate O'Donnell, and Carol Ruvolo who were responsible for editing and proofreading.

The Lord has used the gifts and talents of this highly skilled team. I do not wish to imply that any individual contribution is more important than another and, thus, have listed each category alphabetically. To all of these and many more, too numerous to record here, I am deeply grateful. This pioneering effort to re-establish the Word of God as the sole authority for life and as the only basis to counsel others has been a labor of love by many of God's people.

We also owe a great debt to Dr. Jay E. Adams and Dr. Henry Brandt for their consultation during our early days. Dr. Brandt's emphasis on Jesus Christ as the only source of true peace and joy greatly helped our focus in training. Dr. Adams was particularly instrumental in providing prudent and discerning guidance. He very generously provided many hours of instruction and critique with no hint of a desire for personal gain. His knowledge of Scriptures and his ability to apply them to the problems of life are unsurpassed in the area of authoritative biblical counseling.* We thank God for their dedication and singleness of purpose in this important field of ministry.

John C. Broger

* Lesson 15, Pages 6-9 and Lesson 20, Page 8 are based on corresponding material in *The Christian Counselor's Manual* by Dr. Jay Adams.

TABLE OF CONTENTS

PREFACE: WHY SELF-CONFRONTATION?	vi
---	-----------

PURPOSES OF THIS COURSE	vii-x
--------------------------------------	--------------

BIBLICAL FOUNDATION FOR CHANGE

LESSON 1: YOU CAN CHANGE BIBLICALLY (PART ONE)

Purposes and Outline of Lesson 1	1
Biblical Principle: You Can Change Biblically (Part One).....	2
You Can Change Biblically (Part One)	3
Lesson 1: Homework.....	8
Study Guide for Daily Devotions	9

LESSON 2: YOU CAN CHANGE BIBLICALLY (PART TWO)

Purposes and Outline of Lesson 2	1
Biblical Principles: You Can Change Biblically (Part Two).....	2
You Can Change Biblically (Part Two)	3
Biblical Self-Confrontation: An essential for Discipleship	6
Biblical Self-Confrontation: A Prerequisite for Helping Others Biblically	7
Biblical Basis for Daily Devotions and Scripture Memory.....	9
Four Plans for Memorizing Scripture	12
Lesson 2: Homework.....	14
Study Guide for Daily Devotions	15

LESSON 3: MAN'S WAY AND GOD'S WAY (PART ONE)

Purposes and Outline of Lesson 3	1
Biblical Principles: Man's Way and God's Way (Part One)	2
Scripture Is Your Authority	3
The Holy Spirit Empowers You to Solve Your Problems.....	6
Prayer Provides Communication with God	9
Lesson 3: Homework.....	13
Study Guide for Daily Devotions	14

LESSON 4: MAN'S WAY AND GOD'S WAY (PART TWO)

Purposes and Outline of Lesson 4	1
Biblical Principles: Man's Way and God's Way (Part Two).....	2
The Biblical Model of Man's Failure	3
The Biblical View of Self.....	5
Basic Approaches to Solving Personal Problems.....	11
Examples of Man's Way Compared to God's Way	12
Knowing the Difference Between Man's Way and God's Way	14
Lesson 4: Homework.....	15
Study Guide for Daily Devotions	16

LESSON 5: BIBLICAL DYNAMICS OF CHANGE

Purposes and Outline of Lesson 5	1
Biblical Principles: Biblical Dynamics of Change	2
The Downward Spiral: Neglecting or Refusing God's Way	3
Beginnings of Biblical Change.....	4
The Upward Path: Walking God's Way	5
The Importance of Doing the Word	6
Lesson 5: Homework.....	10
Study Guide for Daily Devotions	11

LESSON 6: BIBLICAL BASIS FOR CHANGE

Purposes and Outline of Lesson 6	1
Biblical Principles: Biblical Basis for Change	2
Three Levels of Problems.....	4
Biblical Hope	6
Biblical Basis for Peace and Joy	8
Lesson 6: Homework.....	11
Study Guide For Daily Devotions.....	12

LESSON 7: BIBLICAL STRUCTURE FOR CHANGE

Purposes and Outline of Lesson 7	1
Biblical Principles: Biblical Structure for Change	2
Biblical Change Is a Process	3
The Effects of Unbiblical Thoughts, Speech, and Actions.....	5
Renewing Your Mind.....	6
Lesson 7: Homework.....	8
Study Guide for Daily Devotions	9

LESSON 8: BIBLICAL PRACTICE ACHIEVES LASTING CHANGE

Purposes and Outline of Lesson 8	1
Biblical Principles: Biblical Practice Achieves Lasting Change	2
Biblical Perspective on Tests and Temptations.....	3
Practical Steps for Achieving Biblical Change.....	8
Lesson 8: Homework.....	11
Study Guide for Daily Devotions	12

APPLICATION TO SPECIFIC PROBLEM AREAS**LESSON 9: DEALING WITH SELF (PART ONE)**

Purposes and Outline of Lesson 9	1
Biblical Principles: Dealing with Self (Part One).....	2
Self-belittlement, Self-exaltation, and Self-pity.....	4
Envy, Jealousy, Covetousness, and Greed.....	6
Pleasing Self or Pleasing God.....	10
A Case Study: Mary's Husband Has Left Her	12
Lesson 9: Homework.....	14
Study Guide for Daily Devotions	15

LESSON 10: DEALING WITH SELF (PART TWO)

Purposes and Outline of Lesson 10	1
Biblical Principles: Dealing with Self (Part Two).....	2
Biblical Principles of Stewardship.....	4
Dying to Self by Serving Others	7
Overcoming a Preoccupation with Self	9
A Case Study: Mary's Husband Has Left Her	13
Lesson 10: Homework.....	15
Study Guide for Daily Devotions	16

LESSON 11: ANGER AND BITTERNESS

Purposes and Outline of Lesson 11	1
Biblical Principles: Anger and Bitterness.....	2
Unbiblical Responses to Anger and Bitterness	4
A Biblical View of Anger.....	6
A Biblical View of Bitterness.....	10
Overcoming Anger and Bitterness	12
A Case Study: Mary's Husband Has Left Her	17
Lesson 11: Homework.....	18
Study Guide for Daily Devotions	19

LESSON 12: INTERPERSONAL PROBLEMS (PART ONE) (LEARNING HOW TO LOVE YOUR NEIGHBOR)

Purposes and Outline of Lesson 12	1
Biblical Principles: Interpersonal Problems (Part One) (Learning how to Love Your Neighbor)	2
Forgiveness (Forgiving Others as God Has Forgiven You)	3
Reconciliation (Removing All Hindrances to Unity and Peace)	6
Questions and Answers about Biblical Forgiveness	9
A Case Study: Mary's Husband Has Left Her	14
Lesson 12: Homework	16
Study Guide for Daily Devotions	17

LESSON 13: INTERPERSONAL PROBLEMS (PART TWO) (LEARNING HOW TO LOVE YOUR NEIGHBOR)

Purposes and Outline of Lesson 13	1
Biblical Principles: Interpersonal Problems (Part Two) (Learning How to Love Your Neighbor)	2
The Meaning of Biblical Love	4
Restoration/Discipline (Your Biblical Response to the Sin of Another Believer)	7
Guidelines: The Restoration/Discipline Process	9
Biblical Communication	12
Biblical Relationships (Loving Each Other in the Body of Christ)	15
Overcoming Interpersonal Problems	19
A Case Study: Mary's Husband Has Left Her	24
Lesson 13: Homework	26
Study Guide for Daily Devotions	27

LESSON 14: THE MARRIAGE RELATIONSHIP (PART ONE)

Purposes and Outline of Lesson 14	1
Biblical Principles: The Marriage Relationship (Part One)	2
The Biblical Model for Marriage	3
Marital Conflicts (Man's Way versus God's Way)	5
A Case Study: Mary's Husband Has Left Her	7
Lesson 14: Homework	8
Study Guide for Daily Devotions	9

LESSON 15: THE MARRIAGE RELATIONSHIP (PART TWO)

Purposes and Outline of Lesson 15	1
Biblical Principles: The Marriage Relationship (Part Two)	2
Biblical Submission	3
You Can Learn How to Show Love toward Your Spouse	4
Overcoming Problems through Biblical Communication (Using a Conference Table for Reconciliation)	6
A Case Study: Mary's Husband Has Left Her	10
Lesson 15: Homework	13
Study Guide for Daily Devotions	14

LESSON 16: PARENT-CHILD RELATIONSHIPS (PART ONE)

Purposes and Outline of Lesson 16	1
Biblical Principles: Parent-Child Relationships (Part One)	2
Man's Theories and Practices for Rearing children	3
Guidelines for Training Children	7
Ways That Parents Provoke Their Children to Anger	10
Understanding Biblical Instruction of Children	13
Lesson 16: Homework	17
Study Guide for Daily Devotions	18

LESSON 17: PARENT-CHILD RELATIONSHIPS (PART TWO)

Purposes and Outline of Lesson 17	1
Biblical Principles: Parent-Child Relationships (Part Two)	2
Training Children to Be Faithful (Biblical Discipleship in the Home)	4
Understanding Biblical Discipline	8
Family Devotions and Worship (Guidelines and Suggestions)	11
An Overall Plan for Rearing children	16
Lesson 17: Homework	22
Study Guide for Daily Devotions	23

LESSON 18: DEPRESSION

Purposes and Outline of Lesson 18	1
Biblical Principles: Depression	2
Understanding Depression	4
Overcoming Depression	8
A Case Study: Mary's Husband Has Left Her	14
Lesson 18: Homework	15
Study Guide for Daily Devotions	16

LESSON 19: FEAR AND WORRY

Purposes and Outline of Lesson 19	1
Biblical Principles: Fear and Worry	2
Temptations to Fear and Worry	4
Love versus Fear (God's Way versus Man's Way)	6
Overcoming Fear and Worry	8
A Case Study: Mary's Husband Has Left Her	13
Lesson 19: Homework	14
Study Guide for Daily Devotions	15

LESSON 20: LIFE-DOMINATING SINS (PART ONE)

Purposes and Outline of Lesson 20	1
Biblical Principles: Life-dominating Sins (Part One)	2
Recognizing Life-dominating Sins	3
The Effects of Life-dominating Sins (The Circle of Life)	8
God Has Broken Satan's Power	9
Lesson 20: Homework	12
Study Guide for Daily Devotions	13

LESSON 21: LIFE-DOMINATING SINS (PART TWO)

Purposes and Outline of Lesson 21	1
Biblical Principles: Life-dominating Sins (Part Two)	2
Putting on the Full Armor of God	4
Overcoming Life-dominating Sins	13
Biblically Responding to Someone with a Life-dominating Sin	20
A Case Study: Mary's Husband Has Left Her	24
Lesson 21: Homework	26
Study Guide for Daily Devotions	27

CONCLUSION**LESSON 22: GOD'S STANDARDS FOR LIFE**

Purposes and Outline of Lesson 22	1
Biblical Principles: God's Standards for Life	2
God's Standards for You	4
A Case Study: Mary's Husband Has Left Her	7
Lesson 22: Homework	9
Study Guide for Daily Devotions	10

LESSON 23: COURSE EXAM**LESSON 24: INTRODUCTION TO COURSE II: BIBLICAL COUNSELING TRAINING**

Purposes and Outline of Lesson 24	1
Introduction to Course II: Biblical Counseling Training.....	2
Basic Biblical Counseling Procedures	4
Lesson 24: Homework.....	7

SUPPLEMENTS AND PRACTICAL HELPS

What Makes Counseling Biblical?.....	1
The BCF Biblical Counseling Training Program.....	2
Bible Study and Application Format	3
Preparing a Personal Testimony	4
How to Use a Concordance	5
Personal History/Problem Evaluation.....	6
Guidelines: Victory over Failures Worksheet.....	7
Victory over Failures Worksheet.....	8
Guidelines: The “Think and Do” List.....	9
“Think and Do” List.....	10
Facts about Biblical Counseling	11
Biblical Counseling Record	12
Biblical Counseling Summary and Planning.....	13
My Present Schedule	14
My Proposed Biblical Schedule.....	15
Guidelines: Freedom from Anxiety (Biblical Action and Prayer Plan)	16
Freedom from Anxiety (Biblical Action and Prayer Plan)	17

PREFACE: WHY SELF-CONFRONTATION?

Self-confrontation? Isn't that just another way of saying "self-condemnation?" Isn't that counter-productive to a fulfilling life? Instead of confronting myself, shouldn't I be building myself up? Shouldn't I avoid doing anything that would lower my self-esteem or self-image? Don't I have to learn to love myself before I can love others? Don't I have to know how to forgive myself before I can have true peace and joy?

Questions like these reflect the fact that many people are following false teaching that has been present since the beginning of time but is gaining unprecedented popularity in the church today. It is the "doctrine" of self-exaltation and self-gratification. This preoccupation with self is based on a misunderstanding of one's relationship with God, is unbiblical, and deters spiritual growth.

Self-exaltation and self-gratification have always had devastating consequences. This self-focus was the basis for Satan's downfall (*Isaiah 14:13-14*) and was also at the heart of the first temptation on earth (*Genesis 3:1-6*). An unsuccessful appeal to self-exaltation and self-gratification was the focus of the temptation of the Lord Jesus Christ by Satan (*Luke 4:2-12*). Self-exaltation and self-gratification reaches its pinnacle when in these last days, as Scripture predicts, men are lovers of self (*II Timothy 3:1-2*).

Instead of pleasing or exalting yourself, Scripture tells you to examine (or confront) and humble yourself (*Matthew 23:12; I Corinthians 11:31*). You must do this because your heart is deceitful, desperately wicked, and beyond full understanding (*Jeremiah 17:9*). The first step in self-confrontation is to realize your own sinful, lost condition before God (*Psalms 14:1-3; Romans 3:10-12*) and, second, to turn to God as your only hope of eternal salvation (*Romans 6:23*). According to His mercy, God provides salvation through faith as a free gift of His grace, not because of any good thing in you and not because of any good work you could do to merit His love and favor (*Ephesians 2:8-9; Titus 3:5-7*).

Self-confrontation must continue throughout your Christian walk if you are to avoid the hypocrisy of judging the failures of others without first examining your own life in a biblical manner (*Matthew 7:1-5; Luke 6:41-42*). Most importantly, self-confrontation must be achieved in accordance with the Word of God (*II Timothy 3:16-17; Hebrews 4:12*).

Confronting yourself in a biblical manner will often be difficult and will sometimes be a grievous experience. However the Holy Spirit, the Helper, will assist you (*John 16:8, 13-14*) to face your own sins, failures, and shortcomings. Then He will comfort you, teach you, and guide you into all truth so that your sorrow may be turned into everlasting joy (*John 14:16, 26; 15:11*).

If there is a single emphasis that underlies this training, it is for you to determine biblically whether you are seeking to please yourself or seeking to please God in all you think and do (*II Corinthians 5:9; Colossians 1:10; 3:2, 17*). As you will soon discover, the objective of this course in personal discipleship and biblical counseling training is not to learn how to save your life but instead how to lose it for Jesus' sake (*Matthew 16:24-25; Luke 9:23-24*) through the process of evaluating yourself biblically.

May God bless the truths of His Word to your life as you faithfully begin a lifelong process of biblical self-confrontation.

PURPOSES OF THIS COURSE

In every culture throughout history, mankind has sought solutions to life's problems. Each generation offers new man-made philosophies and models, but personal and interpersonal problems continue to plague us. Even in the Body of Christ, there are unhappy and broken marriages, substance abuse, depression, anxiety, fear, worry, and many other problems resulting in distress, physical illness, and immobility.

The only complete source that identifies causes and provides solutions to all of life's problems is the Bible. Written over a period of 16 centuries, it has endured another 1,900 years. The promises and authority of God in the Old and New Testaments offer the basis for a vital, abundant life. The Bible contains solutions to every problem of attitude, relationships, communication, and behavior.

This course presents essential biblical principles that can change your life. If you earnestly desire to overcome problems and to develop spiritual maturity, you must be willing to confront your failures and shortcomings and make appropriate changes according to biblical standards (*Romans 12:1-2; II Corinthians 5:9; Colossians 3:1-17*). If you do this, you will be able to grow up in the Lord Jesus Christ and be in a position to help others in an effective and biblical manner (*Matthew 7:1-5; II Corinthians 1:3-4; Galatians 6:1-5; II Timothy 2:2*). The biblical principles listed in this course form the foundation for lasting change in your life. They are also the basis for the Biblical Counseling Foundation's (BCF) training programs.

PURPOSES OF THIS COURSE

The Self-Confrontation course has two purposes:

- I. To teach you how to approach circumstances, relationships, and situations of life from a biblical perspective and to experience victory and contentment in all of life's trials, testings, and problems.
- II. To prepare you to help others face and deal with their problems biblically.

The Self-Confrontation course is built upon biblical principles for living. These biblical principles provide patterns for living a victorious and contented life and are applicable to the young and the elderly, to the poor and the wealthy, to the healthy and the ill, and to the skilled and the unskilled. These biblical principles apply to all of life's circumstances, in any culture, and in every part of the world regardless of the age in which one lives.

Each lesson is designed, first, to explain the meaning of specific biblical principles and, then, to build them into your life through very practical homework assignments. The course consists of 24 lessons, usually taught in two-hour classes once a week. The first eight lessons consist of principles describing how change takes place. These eight lessons provide the foundation for the next 14 lessons which deal with some of the most common problems of life. The last two lessons are for review, examination, and preparation for the next course entitled BCT II: Biblical Counseling Basic Course.

OBJECTIVES OF THIS COURSE

You can expect to learn the following in the Self-Confrontation course:

- The biblical principles for understanding problems from God's point of view
- The biblical principles for gaining hope in every situation
- The biblical principles for establishing change
- The characteristics and practical importance of biblical homework

- Biblical principles pertinent to:
 - Dealing with self-belittlement, self-exaltation, and self-pity
 - Personal difficulties such as greed, envy, anger, bitterness, depression, fear, and worry
 - Relationships (interpersonal, marital, parent-child),
 - Life-dominating sins (such as homosexuality or alcohol and drug abuse)

MATERIALS NEEDED FOR THIS COURSE

- Literal translation of the Bible
- **Self-Confrontation** manual
- Comprehensive concordance

CLASS LESSONS IN THE COURSE

A class lesson consists of:

- Review of Scripture memory verses and other homework
- Explanation of biblical principles associated with the lesson
- Teaching on the practical application of God's Word to your life
- Discussion of a biblical counseling case study (introduced in Lesson 9 and continuing throughout the remainder of the course)
- Assignment of homework

You should complete each lesson's homework and then attend class with the manual and a literal translation of the Bible. (While a paraphrased Bible may be useful as an accessory to Bible study, it is important to memorize and understand the Bible in its most literal form). An exhaustive concordance of the Bible will be helpful in completing the homework. Instructions for using a concordance are found in Supplement 5.

YOUR COMMITMENT AND DISCIPLINE FOR THIS COURSE

In order to receive the intended benefit from this course, you should plan to spend a minimum of thirty minutes to an hour each day in doing the homework. The homework is designed to help you establish biblical habit patterns that will change your life. Establishing a daily practice of doing your homework will help you accomplish this; therefore, you should prayerfully establish a realistic daily schedule (*Ephesians 5:15-17*) and commit this time to the Lord (*Proverbs 16:3, 9*). It may be difficult at first to discipline yourself to maintain your schedule, but remember that establishing any new habit requires time. Plan to rearrange or, if necessary, eliminate activities from your present schedule in order to spend an adequate amount of time doing your homework. Spiritual discipline is a necessary ingredient for godliness (*I Timothy 4:7-8*).

Since this course focuses on understanding and applying God's Word to your life, consider doing your homework as a part of your daily devotional time. If you choose this pattern of study, a **STUDY GUIDE FOR DAILY DEVOTIONS** is included in every lesson to assist you in completing each lesson's homework. The important factors are faithfulness (*Luke 16:10; I Corinthians 4:2*) and diligence (*II Timothy 2:15*). A suggestion: If you do not complete your homework for a particular week, go on to the new homework for the current week before you finish your uncompleted homework assignment. Keep all of your completed homework in a separate notebook for practical help and reference as necessary.

YOUR MANUAL FOR THIS COURSE

This manual is divided into two major sections: the **Lessons** and the **Supplements and Practical Helps**. The 24 lessons in the manual are in outline form; they present many major truths of God's Word. You must read the referenced verses in your Bible for a more complete understanding of the biblical principles which are presented. The **Supplements**

and Practical Helps section further explains the foundational, biblical principles and provides instruction by which you can apply these truths to your life in a practical manner.

I. The Lessons

- A. Purposes and Contents — The first page of each lesson lists the purposes and contents of the lesson. Reading this first page will help you to gain a quick overview of the teaching points in the lesson.
- B. Biblical Principles — Page two introduces the major biblical principles for each lesson. A brief synopsis of the teaching is given in a box at the top of the page.
- C. Outline — The next pages contain an expanded outline of the lesson. You will learn how to gain biblical perspective, understanding, and hope for the problem discussed. Further, you will see why and how to change.
- D. Homework — Near the end of each lesson are homework assignments, listed in the order in which they should be completed. Scripture memory will always be the first item for homework.

Assignments marked with an asterisk (*) should be completed if you wish to continue to the next course. On the **HOMEWORK** page of each lesson, you may check each homework assignment that you complete. All written homework denoted by an asterisk must be handed in to your instructor for evaluation. Consistent class attendance, participation, and completion of the homework will prepare you to pass the written examination at the end of the course.

- E. The final pages of each lesson contain a **STUDY GUIDE FOR DAILY DEVOTIONS** to help you complete your homework in a regular, consistent manner. If you do the homework using this guide, you will also be establishing a consistent study period during your daily devotions; thus, your devotional life will be significantly enhanced.

(NOTE: You will probably recognize repetition of Scriptures and biblical principles throughout the course. This purposeful repetition is designed to assist you in learning God's Word and in discovering its multi-faceted applicability to all of life. Repetition also helps those unlearned in the Scripture to grasp the life-changing truths of God's Word more easily. Repetition is an axiom of good training, which is the mission of these courses. The Bible itself is proof of the axiom.)

II. Supplements and Practical Helps

The section titled **Supplements and Practical Helps** contains specific steps by which biblical change can be accomplished in your life. You will find examples of some homework items, particularly forms, to help you in completing your own homework. This section will become a valuable reference tool as well as a means by which practical discipleship can be expressed in your life and in the lives of those entrusted to your care.

DISCIPLESHIP TRAINING

Over the years, the Self-Confrontation Course has proved effective in personal discipleship training. While the Self-Confrontation Course is the first part of a comprehensive training program in biblical counseling, its effectiveness in helping believers in Christ to be "doers of the Word" (*James 1:22-25*) has been proven in various cultures and different countries throughout the world. Consequently, many churches, groups, and ministry leaders have incorporated the Self-Confrontation Course as foundational to the discipleship training offered in their ministries.

After experiencing further spiritual growth in their own lives, many believers completing the Self-Confrontation Course then choose to receive further training in biblical counseling. These students are then able to discover an even greater applicability of Scripture to every problem of life and are more effectively equipped to help others as part of their ministry in the Body of Christ.

OVERVIEW OF BIBLICAL COUNSELING TRAINING

The overall objective of biblical counseling training is to teach members of the local church body to face the challenge of living biblically in a fallen world and to prepare them to counsel others in a strictly biblical manner. Refer to **WHAT MAKES COUNSELING BIBLICAL?** (Supplement 1).

This discipleship training ministry is intended to equip men and women to serve as biblical counselors within the context of the local church. Emphasis is placed on “how” to counsel individuals with personal, interpersonal, or family problems through a proper application of biblical truths and principles. As the Apostle Paul wrote to the church at Rome, *“And concerning you, my brethren, I myself also am convinced that you yourselves are full of goodness, filled with all knowledge, and able also to admonish (counsel and instruct) one another”* (Romans 15:14).

COURSES OFFERED IN BIBLICAL COUNSELING TRAINING

There are five levels of training offered in the BCF biblical counseling training program. An explanation of this training is given in the **BCF BIBLICAL COUNSELING TRAINING PROGRAM** (Supplement 2).

HISTORY OF THESE COURSES

Work on these courses began in 1973 and has involved many thousands of hours of classroom teaching and evaluation as well as application to thousands of biblical counseling cases. Continuing research in the Scriptures has been necessitated by the many difficult problems brought to the counselors of the Biblical Counseling Foundation.

There are many who have made outstanding contributions in preparing these training materials. More than a dozen experienced biblical counselors have spent more than a decade drafting and evaluating the material in this edition. The team consists of pastors and lay persons from a variety of backgrounds, including senior executives, homemakers, retired and active duty military officers, scientists, and managers. Their experience in biblical counseling includes many years of teaching and supervising training programs as well as counseling of individuals.

It is our fervent hope that this training will help pastors, Christian leaders and all others in the Body of Christ to meet the pressing needs of this generation and that, in turn, they will bear the fruit of the victorious and overcoming Gospel of our Lord Jesus Christ.

John C. Broger, President
Biblical Counseling Foundation

A SPECIAL NOTE ON THE SCRIPTURE REFERENCES FOUND IN THIS MANUAL

As you study this manual, you will find that the biblical principles and precepts presented are substantiated with Scripture references which you are encouraged to look up as you study. The Scripture references are listed in the order they are found in the Bible, not necessarily in the order of importance or clarity.

Whenever you see italicized parentheses with Scripture references listed, the verses/passages directly substantiate the principle or teaching. For example in *Principle 23*, the statement, "Trials and testings will develop and mature you in Christ if you respond to them in God's way" is stated fully in each of the verses that follow (i.e. *Romans 5:3-5; James 1:2-4*).

In addition, every series of Scripture references prefaced with the words "*based on*" must be studied all together as a whole. The truth of these statements cannot be understood from a single verse, but can be understood from a study of all the referenced verses put together. For example the statement in the summary box at the top of Lesson 3, Page 6, "The Holy Spirit is your Guide, your Instructor, and your sensitive Counselor who reveals the wisdom of God to you" is true, but you need to study all the Scriptures that follow (i.e. *John 14:16, 26; 16:7-13; 1 Corinthians 2:6-13*) to understand the entire sentence.

LESSON 1

YOU CAN CHANGE BIBLICALLY (PART ONE)

"For by grace you have been saved through faith; and that not of yourselves, it is the gift of God; not as a result of works, that no one should boast."

Ephesians 2:8-9

LESSON 1: YOU CAN CHANGE BIBLICALLY (PART ONE)

The most significant decision you will ever make concerns your willingness to follow God's plan for your life as revealed in the Bible. This decision directly impacts your daily life and your eternal destiny (*based on Psalm 119:165; Proverbs 1:33; Matthew 6:25-34; Mark 8:34-38; John 3:16-21, 36; Acts 2:38-39; II Timothy 3:16-17; II Peter 1:2-10; Revelation 20:15*).

I. The purposes of this lesson are:

- A. To provide an introduction to the course;
- B. To show the importance and the need for biblical self-confrontation; and
- C. To present the first step of confronting yourself in a biblical way.

II. The outline of this lesson

- A. Self-confrontation
 - 1. **WHY SELF-CONFRONTATION?** (Preface, Page vi)
 - 2. **PURPOSES OF THIS COURSE** (Pages vii-x)
 - 3. **BIBLICAL PRINCIPLE: YOU CAN CHANGE BIBLICALLY (PART ONE)** (Lesson 1, Page 2)
 - 4. **YOU CAN CHANGE BIBLICALLY (PART ONE)** (Lesson 1, Pages 3-7)
- B. Biblical counseling
 - 1. **WHAT MAKES COUNSELING BIBLICAL?** (Supplement 1)
 - 2. **THE BCF BIBLICAL COUNSELING TRAINING PROGRAM** (Supplement 2)
- C. Steps for spiritual growth
 - 1. **LESSON 1: HOMEWORK** (Lesson 1, Page 8)
 - 2. **STUDY GUIDE FOR DAILY DEVOTIONS** (Lesson 1, Pages 9-10)

BIBLICAL PRINCIPLE: YOU CAN CHANGE BIBLICALLY (PART ONE)

God enables you to take the necessary first step towards lasting biblical change. This step is your response to God's demonstrated love for you in Christ Jesus (*based on John 1:12, 3:16-21; Romans 5:8; II Corinthians 5:17; Ephesians 2:8-9; I John 4:10*).

God's plan for you to change in a biblical way centers on His Son, Jesus Christ.

(Principle 1) Because God's standard is one of perfection (*Leviticus 19:2; Matthew 5:48*), you cannot meet it by your own efforts (*Psalms 143:2; Ecclesiastes 7:20; Romans 3:23*). You cannot save yourself (*Proverbs 20:9*) nor depend on any other human being to redeem you (*Psalms 49:7*). You need to recognize your helplessness to meet God's standard (*Isaiah 64:6; Romans 3:9-12*) and need to repent of your sin (*Luke 15:7; Acts 2:38, 3:19, 17:30-31, 26:19-20; Romans 2:4; II Peter 3:9*). By God's grace and mercy, you recognize your lost condition and believe wholeheartedly and sincerely on the Lord Jesus Christ to receive the gift of eternal life (*John 3:16, 36; 5:24; 11:25-26; Romans 6:23; Ephesians 2:8-9; Titus 3:5-7; I John 5:11-13*) and forgiveness for your sins (*Mark 16:16; John 3:16-18, 8:24; Acts 2:38, 4:12; Romans 10:9-13; Ephesians 1:7*).

YOU CAN CHANGE BIBLICALLY (PART ONE)

Even though eternal life is a gift, many reject it
(*Matthew 7:13-14; John 1:9-12, 3:16-21; Romans 6:23*).

I. If you do not already have a sincere (guileless, pure, genuine), personal relationship with the Lord Jesus Christ, you have a spiritual problem that only God can solve. Without this relationship to Jesus, you are:

- A. Hopelessly separated from God (*Romans 6:23a; Ephesians 2:1-3, 11-12; Colossians 1:21*),
- B. Spiritually dead in your own sin (*Romans 3:23, 5:12; Ephesians 2:1, 5; Colossians 2:13*),
- C. Hostile to God (*Romans 5:10a, 8:7; Colossians 1:21*),
- D. Blinded by Satan (*II Corinthians 4:3-4*) and held captive by him to do his will (*II Timothy 2:24-26, esp. verse 26*),
- E. Powerless to overcome sin's hold on your life (*Ecclesiastes 7:20; John 8:34; Romans 1:28-32, 5:6, 6:16; Galatians 5:19-21; II Peter 2:19*),
- F. Unable to understand the things of God (*Proverbs 14:12, 16:25; Isaiah 55:8-9; I Corinthians 2:14*),
- G. Unable to please God or to walk in His way (*Psalms 143:2b; Isaiah 64:6; Romans 3:9-12, 23; 8:7-8; Galatians 2:16; Ephesians 2:8-9; II Timothy 1:9; Titus 3:5-7; Hebrews 11:6*), and
- H. Incapable of living a spiritually fruitful and meaningful life (*John 15:4-6*).

II. God's answer to your spiritual problem is based on His character.

- A. God is just, so you face His wrath and judgment in your sinful state (*Romans 1:18, 6:23a; Ephesians 2:3; Hebrews 9:27; II Peter 3:7*).
- B. On the other hand, God is loving and doesn't want you to perish in your sin (*John 3:16; Romans 5:8; I Timothy 2:3-4; II Peter 3:9*), so He draws you toward His Son, Jesus (*John 6:44-45, 65*).

III. The answer to your spiritual problem is found in God's Son, Jesus Christ.

- A. By His gracious and merciful love, God gave His one and only begotten Son, Jesus, as the *only* answer for your helpless spiritual condition (*Isaiah 53:2-12; John 3:16, 14:6; Acts 4:12; Romans 5:6; Ephesians 1:3-12; I Timothy 2:5-6; I John 4:10*).
- B. Since you could not save yourself or do anything to merit God's favor and mercy (*Galatians 2:16; Ephesians 2:8-9; II Timothy 1:9; Titus 3:5-7*), Jesus paid the full price for your redemption by dying on the cross for the penalty for your sin (*Romans 5:8; I Corinthians 15:3-4; II Corinthians 5:21; Ephesians 1:7; I Thessalonians 1:10; I Timothy 2:5-6; Hebrews 10:10-14; I Peter 1:18-19, 3:18*).

- C. God accepted and approved His Son's sacrificial death for your sin by raising Jesus from the dead (*Romans 1:4, 4:25*). Jesus Christ is eternally alive (*Acts 2:32; Romans 6:9; Revelation 1:17-18*), is with God (*Romans 8:34; Hebrews 8:1*), and is Lord of all (*Philippians 2:9-11; Revelation 17:14, 19:16*). Through His death and resurrection, the Lord Jesus Christ is victorious over sin (*Romans 6:10*), death (*Romans 6:9*), and the devil (*Hebrews 2:14*).
- D. Through Jesus, you can:
1. Have your sins forgiven (*Acts 5:31, 10:43; Ephesians 1:7, 4:32; Colossians 1:13-14, 2:13-14*) and be reconciled to God (*II Corinthians 5:18-19*);
 2. Experience a spiritual new birth (*John 3:3; I Peter 1:3, 23; I John 5:1*);
 3. Receive the gift of eternal life through God's gracious gift of faith (*John 3:16; 5:24; 6:40, 47; 11:25-26; 17:1-3; Romans 6:23; Ephesians 2:8-9; I Timothy 1:16; I John 5:11-12*);
 4. Have access to God (*John 14:6; Ephesians 2:18, 3:11-12; Hebrews 10:19-22*);
 5. Be a member of God's family (*John 1:12; Romans 8:15-17; Galatians 3:26; Ephesians 1:5, 2:19; I John 3:1-2*);
 6. Understand the things of God (*John 14:26, 16:13-15; I Corinthians 2:9-13*);
 7. Become a new person with the capability for living in a totally new manner (*Romans 6:4-22; II Corinthians 5:17; Philippians 4:13*); and
 8. Be empowered to change, to mature into Christlikeness, and to have an increasingly intimate knowledge of God Himself (*John 17:3; Romans 8:2, 28-29; II Corinthians 5:17; Philippians 1:6, 4:13; Colossians 1:9-11; I Thessalonians 2:13; II Peter 1:3-4*).

IV. God empowers you to choose His solution to your spiritual problem.

- A. When you recognize God's love (*John 3:16; I John 4:10*) and accept His Truth as revealed in the Lord Jesus Christ (*John 14:6*), you will be enabled through faith to:
1. Believe in Jesus (*John 5:24; Romans 10:8-13*) who once and for all offered Himself as a sacrifice for your sin (*Hebrews 10:4-22*);
 2. Repent of your sin (*Mark 1:15; Luke 15:7; Acts 2:38, 3:19, 26:20; II Peter 3:9*);
 3. Wholeheartedly believe that the blood of Jesus Christ which was shed on the Cross provides forgiveness for your sin (*Romans 3:23-25; Ephesians 1:7; Colossians 1:19-23; I Peter 1:18-19*) and likewise believe that God raised Jesus from the dead so that you might walk in newness of life (*Romans 4:24-25, 6:4, 8:11, 10:9; I Corinthians 15:12-22*); and
 4. Sincerely receive the Lord Jesus Christ into your life (*John 1:12; I John 5:12*), and as a new creation (*II Corinthians 5:17*), live in faithful and loving obedience to God's Word (the Bible) (*I John 2:3-6*).
- B. If you reject God's truth by refusing to repent of your sin and thus fail to receive the gift of eternal life through God's Son, Jesus Christ, you will remain:
1. Under God's judgment (*John 3:18, 36; Romans 1:28-32*);
 2. Ignorant of spiritual matters (*Isaiah 55:8-9; I Corinthians 1:18a, 2:14*);
 3. Powerless to overcome sin in your life (*John 8:34; II Peter 2:19*);
 4. Unable to please God (*Romans 8:8; Hebrews 11:6*);

5. Guaranteed increasing heartache, problems, and difficulty for yourself (*Proverbs 13:15, 14:12, 17:20, 26:12; Romans 2:8-9; Colossians 3:25*);
 6. Doomed to die in your sins (*John 8:21-24*); and
 7. Under condemnation to eternal punishment, forever separated from God's presence (*II Peter 3:7; Revelation 20:15*).
- C. If you decide to alter God's plan of salvation in Christ Jesus to accommodate:
- Your own wisdom which is foolish and inadequate to know God (*I Corinthians 1:21, 3:19-20*),
- Your own thoughts which are contrary to God's ways (*Isaiah 55:8-9; Romans 8:6-8*), or
- Your own desires which are contrary to the Spirit of God (*Galatians 5:17*); then
- You thereby place yourself under God's condemnation (*Mark 16:16*), His reproof (*Proverbs 30:6*), His chastisement (*Revelation 22:18-19*), and His curse (*Galatians 1:6-9*).

V. By faith, you can take the first step of biblical change.

If you have never taken this first step to change biblically, you can do so right now. Simply tell God you know you are a sinner and need His forgiveness of your sin. Acknowledge to God that neither you nor anyone else but Jesus Christ can save you because He alone died to pay the penalty for sin and rose from the dead so that you might have a new life. By faith, receive the Lord Jesus Christ as Savior and thank God for His grace and love to you through Jesus. With a sincere and repentant heart, demonstrate your commitment to Him by being obedient to His Word.

VI. You must understand that man's way of solving problems falls short of God's solutions.

- A. There are two reasons the plan of salvation has been explained in detail.
1. To begin with, it is essential that you understand the spiritual principle that all of man's wisdom, philosophy, devices, procedures, manipulations, and sincerity cannot substitute for God's plan of salvation through Jesus Christ (see **IV.**, point C. above). Any person claiming to have taken a different way to salvation except through Jesus Christ is likened in Scripture to a thief and a robber (*John 10:1, 7*).
 2. The next reason is consistent with, and follows, the same basic spiritual principle as the first. The problems brought on by man as a result of his sin of disobedience in the Garden of Eden (*Genesis chapter 3; Romans 5:12*) cannot be solved by man's devices and philosophies (*I Corinthians 3:19-20; Colossians 2:6-8*), regardless of the futile attempts to mix God's Word with unregenerate suppositions and theories (*Deuteronomy 4:2; Proverbs 30:6; Revelation 22:19*).
 - a. This futility is especially realized when you see that God's Word claims total sufficiency to solve all of life's problems (*II Timothy 3:16-17; II Peter 1:2-4*).
 - b. By merely dealing in a superficial way with the basic problems of rebellion and disobedience, man's wisdom seeks to thwart the very will and plan of God to bring him to a saving knowledge of Jesus Christ and to a subsequent reliance on the Word of God for every area of life.

- B. The Word of God has been given to man as the sole source for finding God's solutions to the real problems that plague him (*Psalm 19:7-11; II Timothy 3:16-17; Hebrews 4:12; II Peter 1:2-4*).

VII. You need to understand the difference between man's way and God's way in your search for a contented, joyful, and peaceful way of life.

- A. The primary difference is that man's way is oriented to *self*: to please self, to comfort self, to rely on self, to fulfill self, to forgive self, to exalt self, and to love self. This is described in Scripture as the old self-nature (*Romans 6:6; Ephesians 4:22; Colossians 3:9*).
- B. God's way is
1. To regenerate and change you by:
 - a. Putting off from you the old nature (*Romans 6:6; Ephesians 4:22; Colossians 3:9*),
 - b. Putting on you the new nature (*Romans 6:7-8; Ephesians 4:24; Colossians 3:10*), and
 - c. Renewing the spirit of your mind as part of your continual process of maturing in Christlikeness (*Romans 12:2; Ephesians 4:23; Colossians 3:10*).
 2. To empower and strengthen you to mature as you:
 - a. Deny self and follow Jesus (*Luke 9:23-24*);
 - b. Lay aside (put off) the practices of the old self-nature (*Romans 6:11-22; Ephesians 4:25-32; Colossians 3:5-17; Revelation 2:4-5*) and walk in a manner worthy of the Lord (*Ephesians 4:1; Colossians 1:10*); and
 - c. Please God in all things (*II Corinthians 5:9; Colossians 1:10*).
- C. God's plan, instead of the ideologies which focus on self, establishes your true position in Christ and gives provision for you to be:
1. Forgiven of all your sins (*Colossians 2:13-14*) and become a new creation (*II Corinthians 5:17*) by partaking of God's divine nature (*II Peter 1:4*);
 2. A child and heir of God and a joint-heir with Jesus Christ (*Romans 8:14-17*);
 3. A citizen of heaven (*Philippians 3:20*), blessed with every spiritual blessing (*Ephesians 1:3*) and fully complete in Christ Jesus (*Colossians 2:9-10*);
 4. Strong in the Lord (*Ephesians 6:10-17*) as a functioning and maturing member of the body of Christ (*Ephesians 4:11-16*);
 5. More than a conqueror through the Lord Jesus Christ (*Romans 8:37; I John 4:4*), since you have been released from sin's slavery (*Romans 6:5-7*) and have been delivered out of the domain (authority) of darkness and into the kingdom of Christ (*Colossians 1:13*);
 6. An ambassador for Christ (*II Corinthians 5:20*), a member of a chosen race, a royal priesthood, a citizen of a holy nation, a possession of God (*I Peter 2:9*), and a holy temple of the living God (*II Corinthians 6:16; Ephesians 2:21*);
 7. Transformed by the renewing of your mind (*Romans 12:2*), taking every thought captive to the obedience of Christ (*II Corinthians 10:5*);
 8. Full of His peace (*John 16:33*) and joy (*John 15:11, 17:13*);
 9. Changed by the Word of God (*I Thessalonians 2:13; II Timothy 3:16-17*);

10. Led by the Spirit of God (*Romans 8:14*) to understand the things of God (*I Corinthians 2:9-13*);
 11. Able to accomplish (or endure) anything in God's will for you through Christ Jesus (*Philippians 4:13*), knowing that God is in total control of your life (*Romans 8:28-29*; *I Corinthians 10:13*; *Philippians 1:6*); and
 12. Empowered to practice biblical love, thus proving yourself to be a disciple of Christ (*John 13:35*).
- D. Throughout this course, the difference between Satan's plan and God's plan for your life will be shown.
1. Satan's plan is to keep you oriented toward gratifying, pleasing, exalting, and esteeming self.
 2. God's plan emphasizes that you are to live for Him, since your old self-nature was crucified and buried with Christ in order that you might walk in newness of life (*Romans chapter 6*; *II Corinthians 5:15-21*; *Colossians 3:2-17*).
- E. Even as man has sought continuously for substitutes to the new birth, he also seeks self-centered solutions to his problems resulting from his original sin.

These man-contrived solutions to problems of the mind, heart, and spirit are as unacceptable to God as are man's futile speculations and substitutes for salvation and the unalterable truths of God's Word (*based on Psalm 119:160*; *Proverbs 14:12, 30:5-6*; *Jeremiah 17:9-10*; *Matthew 15:1-20*; *John 4:23-24*; *Acts 4:12*; *Romans 1:21, 25, 28*; *8:5-10*; *I Corinthians 3:18-20*; *II Corinthians 7:1*; *Ephesians 4:22-24*; *Philippians 2:3-5, 3:18-19*; *II Timothy 3:1-5*).

LESSON 1: HOMEWORK

Daily devotions are vital to your spiritual development. To assist you in this practice, the lesson's **HOMEWORK** is correlated to this week's **STUDY GUIDE FOR DAILY DEVOTIONS**, which follows on the next page. Basic steps of spiritual growth are presented along with the basis for true biblical counseling (*based on Psalm 1:1-4; I Thessalonians 5:17; II Timothy 2:15, 3:16-17; I Peter 2:2*).

✓ *homework completed*

- ☐ A. * In your own words, write the meaning of *Ephesians 2:8-9*. Memorize *Ephesians 2:8-9*. Begin memorizing *Matthew 7:1* and *7:5*.
- ☐ B. * Read **BIBLICAL PRINCIPLE: YOU CAN CHANGE BIBLICALLY (PART ONE)** (Lesson 1, Page 2). Highlight the listed verses in your Bible.
- ☐ C. * Describe how you can have eternal life through Jesus Christ (refer to *Principle 1*, on Lesson 1, Page 2, or refer to **IV. God empowers you to choose His solution to your spiritual problem** on Lesson 1, Page 4). Write at least one Scripture reference for each point.
- ☐ D. * Explain in writing how you can know for certain that you have eternal life.
- ☐ E. Review **YOU CAN CHANGE BIBLICALLY (PART ONE)** (Lesson 1, Pages 3-7). In your Bible, look up the referenced verses, highlighting those that are meaningful to you.
- ☐ F. Read **PREFACE: WHY SELF-CONFRONTATION?** (Page vi) and **PURPOSES OF THIS COURSE** (Pages vii-x).
- ☐ G. Read **WHAT MAKES COUNSELING BIBLICAL?** (Supplement 1) and **THE BCF BIBLICAL COUNSELING TRAINING PROGRAM** (Supplement 2).
- ☐ H. * You can complete the **COURSE EXAM** (Lesson 23) while going through this course. In conjunction with Lesson 1, answer questions 1 and 2 under **Open Book Test** (Lesson 23, Page 1).

* *The completion of assignments marked with an asterisk (*) is a prerequisite for further biblical counseling training.*

LESSON 1: STUDY GUIDE FOR DAILY DEVOTIONS (INCLUDING SCRIPTURE MEMORY AND HOMEWORK)

Daily devotions are vital to your spiritual development. To assist you in this practice, each lesson's **STUDY GUIDE FOR DAILY DEVOTIONS** is correlated to the lesson's **HOMEWORK**. This lesson's **STUDY GUIDE** highlights basic steps of spiritual growth and presents the basis for true biblical counseling (*based on Psalm 1:1-4; I Thessalonians 5:17; II Timothy 2:15, 3:16-17; I Peter 2:2*).

Scripture Memory

1. * Memorize *Ephesians 2:8-9*; begin memorizing *Matthew 7:1* and *7:5*.
2. Write both verses and their appropriate Scripture references on separate cards and carry them with you throughout the day. At every opportunity during the day, read, meditate on, and memorize *Ephesians 2:8-9*. Preview *Matthew 7:1* and *7:5* whenever possible.

Daily Devotional Study Guide

FIRST DAY

1. Open in prayer.
2. * Read **BIBLICAL PRINCIPLE: YOU CAN CHANGE BIBLICALLY (PART ONE)** (Lesson 1, Page 2). Highlight the listed verses in your Bible.
3. * In your own words, write the meaning of *Ephesians 2:8-9*.
4. Close in prayer.
5. Take your Scripture memory card with you today wherever you go and use your spare moments to memorize *Ephesians 2:8-9*.

SECOND DAY

1. Open in prayer.
2. Begin to study **YOU CAN CHANGE BIBLICALLY (PART ONE)** (Lesson 1, Pages 3-7). This is the first day of a three-day study in this important section. Look up any listed verses necessary for you to understand these biblical truths.
3. Close in prayer.

THIRD DAY

1. Open in prayer.
2. Continue your study through **YOU CAN CHANGE BIBLICALLY (PART ONE)** (Lesson 1, Pages 3-7).
3. Close in prayer.

FOURTH DAY

1. Open in prayer.
2. Continue your study through **YOU CAN CHANGE BIBLICALLY (PART ONE)** (Lesson 1, Pages 3-7).
3. Did you fail to take advantage of spare moments to memorize your verse? List these "lost opportunities" and when they occurred; make a plan to improve. If you have already memorized *Ephesians 2:8-9*, begin memorizing *Matthew 7:1* and *7:5*.
4. Close in prayer.

FIFTH DAY

1. Open in prayer.
2. * Write how you can have eternal life through Jesus Christ (refer to *Principle 1*, Lesson 1, Page 2, or refer to **IV. God empowers you to choose His solution to your spiritual problem** on Page 4 of Lesson 1). Write at least one Scripture reference for each point.
3. Read **PREFACE: WHY SELF-CONFRONTATION?** (Page vi) and **PURPOSES OF THIS COURSE** (Pages vii-x).
4. Close in prayer.

SIXTH DAY

1. Open in prayer.
2. * In a brief paragraph, write how a person can know for certain that he has eternal life.
3. Read **WHAT MAKES COUNSELING BIBLICAL?** (Supplement 1).
4. Close in prayer.

SEVENTH DAY

1. Open in prayer.
2. Read **THE BCF BIBLICAL COUNSELING TRAINING PROGRAM** (Supplement 2).
3. Review **YOU CAN CHANGE BIBLICALLY (PART ONE)** (Lesson 1, Pages 3-7), looking up any verses that may have been overlooked in your previous study.
4. * You can complete the **COURSE EXAM** (Lesson 23) while going through this course. In conjunction with Lesson 1, answer questions 1 and 2 under **Open Book Test** (Lesson 23, Page 1).
5. Close in prayer.
6. Evaluate your use of spare moments to memorize *Ephesians 2:8-9* and *Matthew 7:1* and *7:5* this week. List improvements that you will make in the next week to use your spare moments better in memorizing God's Word.

* *The completion of assignments marked with an asterisk (*) is a prerequisite for further biblical counseling training.*

Sample