

Level 2

Syllabus

for training in Biblical discipleship/counseling
based on the Old and New Testaments
as the only authoritative source of faith and conduct



LEVEL 2 SYLLABUS

FOR TRAINING IN BIBLICAL DISCIPLESHIP/COUNSELING

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PREFACE

This pioneer undertaking to re-establish the Word of God as the sole authority for life and as the only basis for discipling/counseling others has been a labor of love by many of God's people. The core team of writers used by the Lord to develop this material consists of John Broger, Bob Schneider, and Shashi Smith. The BCF teachers and trainers used by the Lord to edit and revise this volume consist of Cathy Barshinger, Carrie Brown, Woody Church, Joe Dyer, Irene Evers, Joe Gearo, Gary and Linda Hays, Jim Johnson, Ron and Sally Lee, Lindy Ko, Gerald Nygren, and Lee Weeder. All of these individuals have given sacrificially of their time, talents, and energies without financial remuneration of any kind.

Also, BCF staff members, including Cindy Johnson, Kate O'Donnell, Spencer Smith, and Stuart Smith have devoted extensive time to editing, graphics design, and printing of these materials.

The team of writers and editors has devoted years of intensive study and writing in the preparation of this work. The Lord has used the gifts and talents of each team member to contribute in a unique way to insure biblical accuracy and internal integrity.

In addition, the members of the BCF Board of Directors have been chosen because of their full commitment to the complete sufficiency of the Scriptures. They are all skilled in the teaching of BCF materials and are committed to discipleship/counseling ministry development and training.

Our wholehearted desire is to help prepare the body of believers in the church of Jesus Christ to enjoy the fullness and abundance of the Christian life but also to be able to face, deal with, and where necessary, to endure the tests and tribulations of this earthly life in a victorious manner.

God bless you as you pursue this training in righteousness (*II Timothy 3:16-17*).

INTRODUCTION

THE OBJECTIVE OF BIBLICAL DISCIPLESHIP/COUNSELING TRAINING

The objective of all BCF training is to teach you to rely only on the Scriptures and the Holy Spirit, both for your personal life, and for helping others (*II Timothy 3:16-17; I John 2:20-27*). The only essential texts for all BCF courses are to be the Bible and BCF discipleship/counseling training materials. All BCF-produced materials are designed to direct you back to God's Word as your standard for conduct and instruction and to the Holy Spirit as your Guide. The major reason for this approach is to ensure that the student, whether disciple/counselee or Christian leader in any nation, understands clearly that apart from the Scriptures for teaching and guidance, the only need for additional help or support is the work of the Holy Spirit Himself.

This in-depth discipleship training ministry is intended to equip believers in the Lord Jesus Christ to serve as biblical disciplers/counselors within the context of the local body of believers. Jesus Christ commissioned the disciples to make other disciples (*Matthew 28:19-20*) and the Apostle Paul instructed Timothy to disciple others as disciplemakers (*II Timothy 2:2*).

THE BASIC APPROACH TO TRAINING

The approach of this training is to build a solid foundation that the believer can adapt to meet each discipleship/counseling opportunity. The emphasis is on how to disciple/counsel through a practical application of biblical truths and principles. The training is heavily organized in the beginning for training purposes; it is much easier to learn through a structured approach which then can be adapted easily to a variety of situations later.

The team discipleship/counseling method is used because it is not only encouraged in the Scriptures, but also because training is best accomplished when the learner is participating as a team member in actual discipleship/counseling meetings.

The goal is not to produce "professional" counselors, but to train all believers to be able to disciple/counsel others in a variety of settings. Believers must be prepared to provide biblical discipleship to others within the local church, family, work relationships, friendships, and in either organized training ministries or informal settings.

THE PURPOSE OF THIS COURSE

The purpose of this course is to introduce biblical discipleship/counseling, which can also be referred to as in-depth biblical discipleship.

Self-Confrontation, a prerequisite to this course, provides 105 essential biblical principles for facing, dealing with, and enduring the trials and tests of life. Biblical Discipleship/Counseling Level 2 provides an additional 32 biblical principles for how to counsel others. It consists of fourteen lessons, usually taught in two hours, once a week. Most lessons are designed to cover the biblical principles related to the four elements of every topic covered in discipleship/counseling (i.e., gaining and providing biblical understanding of the problem, emphasizing biblical hope, establishing biblical change, and developing biblical practice). Included in these lessons are practice role-play sessions in which you will actively participate as assistant and lead disciplers/counselors.

OBJECTIVES OF THIS COURSE

In Level 2 you can expect to learn through practical application how to:

- Develop biblical plans for the discipleship/counseling process;
- Practice and teach the Scriptures as your only authority for faith, conduct, and counsel;
- Gain and provide biblical understanding of problems at the feeling, doing, and heart levels;
- Emphasize biblical hope for any test or trial of life;
- Observe, evaluate, and address biblically the speech and actions of a disciple/counselee;
- Evaluate and encourage commitment to the Lord;
- Help establish lasting biblical change;
- Help establish biblical practice by assigning biblical homework;
- Disciple/counsel biblically in the following areas:
 - Preoccupation with self,
 - Anger,
 - Bitterness, and
 - Relationships (interpersonal, marriage, parent-child).

PREREQUISITES FOR THIS COURSE

Satisfactory completion of the Self-Confrontation Course: All principles and subject matter in the *Self-Confrontation* manual are essential for guidance and reference in this course. Refer to the *Self-Confrontation* manual as often as necessary to review biblical teaching basic to discipleship/counseling practice.

Basic evangelism training: Your first responsibility in a discipleship/counseling situation is to determine if the counselee has a personal relationship with Jesus Christ, who alone can provide lasting victory in overcoming life's problems. Thus, you must know how to give a clear presentation of the Gospel — the Good News of salvation provided only through the Lord Jesus Christ.

YOUR MATERIALS FOR THIS COURSE

In addition to a literal translation of the Bible, there are two books and two booklets required for this course: The *Level 2 Syllabus*, the *Handbook for the Ministry of Biblical Discipleship/Counseling*, the *Victory Over Failures Plan: Guidelines and Worksheets* booklet and the *Biblical Principles for Discipleship/Counseling* booklet. The *Level 2 Syllabus* provides information about the contents of Level 2. The *Handbook* is a reference designed for use by the biblical discipler/counselor in preparation for each in-depth discipleship/counseling meeting. The *Victory Over Failures Plan* booklet provides detailed guidance on how to complete the **VICTORY OVER FAILURES PLAN**. The *Biblical Principles for Discipleship/Counseling* booklet is an abbreviated concordance of Scripture passages that relate to many problems of life.

A. *Level 2 Syllabus*

1. The *Level 2 Syllabus* is divided into two sections: one containing plans for each of the lessons in the course, and the other containing discipleship/counseling information for each of the role-plays. The lessons in Section I include the following:

- a. Purposes and Outline — The first page of each lesson lists the purposes and outline of the lesson. Reading this first page will help you gain a quick overview of the teaching points in the lesson.
 - b. Homework — At the end of each lesson, homework assignments are listed in the order in which they should be completed. Scripture memory and review will always be the first item for homework.
2. The material in Section II focuses entirely on the role-plays and includes:
- a. *Student Preparation Information*
These pages provide important information used in preparation for each meeting with Timothy, a young disciple whom students will counsel in a number of role-plays during the course.
 - b. *Homework Completed by Timothy*
These pages are samples of the homework that Timothy would complete in response to each of the role-play meetings. The role-player portraying Timothy will simulate giving these to the student disciplers/counselors during the appropriate role-plays.
 - c. *Evaluation of Timothy's Homework*
These pages are samples of how a counselor might evaluate the homework Timothy completed each week.
 - d. *Discipler/Counselor Helps*
These pages provide questions and answers to help the students think through the meeting plan biblically in preparation for each role-play.

B. *Handbook for the Ministry of Biblical Discipleship/Counseling*

The *Handbook for the Ministry of Biblical Discipleship/Counseling* is a companion to this *Syllabus*. The *Handbook* is a reference book designed for use in each of the BCF training courses and for use by the biblical discipler/counselor. It is a very practical and valuable publication that is useful both for ongoing evaluation of your own life and for helping others.

C. *Victory Over Failures Plan: Guidelines and Worksheets* booklet

The **VICTORY OVER FAILURES PLAN** provides a structured process for overcoming any difficulty of life with the full expectation of complete and lasting victory. It utilizes worksheets that start with identification of the difficult problem area and ends with specific plans for daily living, overcoming temptations, and forgiveness/reconciliation. The booklet is also reproduced as BCF Form 102 in the *Handbook*.

D. *The Biblical Principles for Discipleship/Counseling* booklet

This booklet consists of biblical principles for the focus and conduct of both the disciple/counselee and discipler/counselor. The first portion contains biblical principles for disciples/couselees. They are taken from the *Self-Confrontation* manual and are listed in the same order in which they appear in the manual. The second portion contains biblical principles for disciplers/counselors. They start with number 106 and apply to discipleship/counseling situations. Both portions are provided in the *Handbook*, Section I.

The above materials build on the foundation provided by the *Self-Confrontation* manual. Therefore, biblical references for principles for living (found in the *Self-Confrontation* manual) are not always repeated in these publications. Also, sample biblical plans listing topics to discuss in role-plays do not include all the biblical references that a discipler/counselor might

use in an actual meeting. It is assumed that the student has learned the biblical basis for presenting biblical truths from his study of the Scriptures and the *Self-Confrontation* manual.

MATERIALS TO BE BROUGHT TO CLASS

- Literal translation of the Bible. Since the Bible is the primary teaching source for God's commandments and precepts, it is important that you use a literal translation of the Bible. While a paraphrase of the Bible may be useful as a supplemental study tool, it is important to memorize and understand the Bible in its most literal form. Because paraphrases are not translations, but interpretations, they may focus on man's insights rather than God's truth at certain points. When you study for your own benefit or to minister to others, it is important that you remain faithful to God's Word.
- *Level 2 Syllabus for Training in Biblical Discipleship/Counseling*
- *Handbook for the Ministry of Biblical Discipleship/Counseling*
- *Victory Over Failures Plan: Guidelines and Worksheets* booklet
- *Biblical Principles for Discipleship/Counseling* booklet
- *Self-Confrontation* manual — for reference and review
- A binder containing your completed homework assignments and extra paper for notes

ADDITIONAL MATERIALS NEEDED FOR THIS COURSE

- Comprehensive Bible concordance
- Helpful, but not required: topical Bible, chain reference Bible, or Bible dictionary

CLASS LESSONS IN THE COURSE

A class lesson consists of:

- Review and recitation of assigned Scripture memory verses and other homework;
- Explanation of biblical principles associated with the lesson;
- Teaching on the application of God's Word to discipleship/counseling;
- Role-plays (first, through a demonstration role-play, and later, within assigned small groups);
- Review of the role-plays and helps for disciplers/counselors; and
- Assignment of homework.

YOUR COMMITMENT AND DISCIPLINE FOR THIS COURSE

In order to gain maximum benefit from this course, you should plan to spend a minimum of forty-five minutes to one hour each day on the homework. Completion of the homework assignments will prepare you better to participate in class, both in the discussions and in the role-plays. As you learned in the Self-Confrontation Course, it is important to establish the habit of doing homework daily. Therefore, you must prayerfully and realistically commit to the Lord the amount of time you should spend studying each day of the week. It may be challenging to discipline yourself to maintain this schedule. You may need to identify activities that you must eliminate from your present schedule.

SECTION I

LESSON OUTLINES

Sample

LESSON 1

THE FOUNDATION OF BIBLICAL DISCIPLESHIP/COUNSELING (PART I)

“Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit, teaching them to observe all that I commanded you; and lo, I am with you always, even to the end of the age.”

Matthew 28:19-20

LESSON 1: THE FOUNDATION OF BIBLICAL DISCIPLESHIP/COUNSELING (PART I)

I. The purposes of this lesson are:

- A. To provide an introduction to the course,
- B. To show why biblical discipleship/counseling of others is essential to your effectual overall ministry as a believer,
- C. To provide a biblical understanding of the disciple/counselee, and
- D. To present the responsibilities of a biblical discipler/counselor.

II. The outline of this lesson

- A. **INTRODUCTION** (*this Syllabus*, Pages S11-S14)
- B. **BIBLICAL COUNSELING IS IN-DEPTH DISCIPLESHIP** (*Handbook*, Pages H13-H16)
- C. **THE FRAMEWORK OF BIBLICAL DISCIPLESHIP/COUNSELING** (*Handbook*, Pages H17-H20)
- D. **A BIBLICAL UNDERSTANDING OF THE DISCIPLE/COUNSELEE** (*Handbook*, Pages H109-H110)
- E. **YOUR RESPONSIBILITY AS A BIBLICAL DISCIPLER/COUNSELOR** (*Handbook*, Pages H113-H116)
- F. **LESSON 1: HOMEWORK** (*this Syllabus*, Page S19)

LESSON 1: HOMEWORK

✓ *homework completed*

- ☐ A. * Review *Ephesians 2:8-9* and *Matthew 7:1, 5* (memory verses from the Self-Confrontation course). Memorize *Matthew 28:19-20*.
- ☐ B. Read **INTRODUCTION** (*this Syllabus*, Pages S11-S14).
- ☐ C. * Based on *Biblical Principle 106 (Handbook, Page H43)*, describe in your own words why you should learn to disciple/counsel others biblically.
- ☐ D. * Review *Biblical Principles 107-115 (Handbook, Pages H43-H45)*.
- ☐ E. * Review **A BIBLICAL UNDERSTANDING OF THE DISCIPLE/COUNSELEE** (*Handbook*, Pages H109-H110).
- ☐ F. * Review **YOUR RESPONSIBILITY AS A BIBLICAL DISCIPLER/COUNSELOR** (*Handbook*, Pages H113-H116).
- ☐ G. Review **BIBLICAL COUNSELING IS IN-DEPTH DISCIPLESHIP** (*Handbook*, Pages H13-H16). Look up referenced verses that would help you better understand any portions of this section.
- ☐ H. Review **THE FRAMEWORK OF BIBLICAL DISCIPLESHIP/COUNSELING** (*Handbook*, Pages H17-H20). Look up referenced verses that would help you better understand any portions of this section.
- ☐ I. Briefly scan the contents of the *Handbook* to familiarize yourself with the instruction and helps provided for you. You will be using these sections repeatedly throughout the course and in all your future discipling/counseling.

* *The completion of assignments marked with an asterisk (*) is essential for effective participation in the next lesson.*

SECTION II

DISCIPLESHIP/COUNSELING INFORMATION FOR ROLE-PLAYS

STUDENT PREPARATION INFORMATION

Sample

NOTE: Typically, only the shaded portions need to be reviewed with the disciple/counselee.

TIMOTHY — BASIC INFORMATION ABOUT THE PROBLEM

DATE: 10th (current month)

PERSONAL INFORMATION

NAME: Timothy PHONE #: 555-8888 FAX #: None

ADDRESS: 999 Lane, This Town

OCCUPATION: Student (+Part-time work at food store) BUSINESS PHONE #: None

GENDER: Male BIRTHDATE: 12 May AGE: 17 EMAIL ADDRESS: None

MARITAL STATUS:

Single ☒ Engaged ☐ Married ☐ Separated ☐ Divorced ☐ Widowed ☐

EDUCATION: Last Grade Completed (Prior to college) 11 Other Education (List type and years) I am in my last year of high (secondary) school this year RECOMMENDED BY: The Youth Pastor

NAME OF SPOUSE: Not married OCCUPATION: Not applicable

SPOUSE'S ADDRESS (If different than yours): Not applicable

THE BASIC PROBLEM AS YOU UNDERSTAND IT:

Briefly complete the following (please use the back if necessary):

1. PLEASE DESCRIBE THE CURRENT PROBLEM.

Lately, my dad has been drinking so much that I cannot live with it any more. He never works any more. I end up doing all the housework and taking care of my little brothers. I am having to work to help pay the bills, but my dad keeps drinking up all my earnings. It's becoming too difficult to keep up with my studies, and I can't save any money to go to college. I can't handle the struggle any more — I've got to leave home, but I am worried about my young brothers. Who will take care of them? My brothers are afraid of my dad. I still love him, but it is impossible for me to respect him when I have to protect my brothers from him.

2. WHAT HAVE YOU DONE ABOUT IT?

I came to some young people's activities at our church (a friend at my school invited me to a special event at church, and I liked it so much that I kept coming). The Youth Pastor talked to me about how Jesus could take care of my problems. He told me that I needed Jesus as my Savior. I prayed and asked Jesus to be my Lord and Savior, but I still do not know how to deal with my life the way it is, especially with my dad.

3. WHAT HELP ARE YOU SEEKING?

I want you to help me know exactly what to do.

4. WHAT LED YOU TO SEEK HELP NOW?

My Youth Pastor said you could help.

BIBLICAL DISCIPLESHIP/COUNSELING RECORD

(PLAN FOR FIRST MEETING WITH TIMOTHY)

Date _____ Confidential # _____ Meeting # 1 Length of Meeting _____

Discipler/Counselor's Initials _____ Disciple/Counselee's Initials T

Homework Assigned Last Meeting:

Proposed Homework:

- 1) Read **BASIS FOR BIBLICAL DISCIPLESHIP/COUNSELING**. Write down any questions I have.
- 2) During devotions, evaluate whether or not I have been a loving son, using I Corinthians 13:4-8a as my guide.
- 3) Memorize _____. (Counselee selects which verses were most used by the Lord in this meeting.)
- 4) Meet with Pastor Tom.

Notes:

Proposed Discipleship/Counseling Topics for This Meeting:

1. **Introductions**
2. **Explain BASIS FOR BIBLICAL DISCIPLESHIP/COUNSELING** — II Timothy 3:16-17, **Pray**.
3. **Gather information.**
 - a. Review counselee's completed **BASIC INFORMATION ABOUT THE PROBLEM** form.
 - b. Ask questions using **DETAILED INFORMATION RELATED TO THE PROBLEM** form. Thoroughly check profession of faith.
4. **Help develop initial hope and recognition of personal sins.**
 - a. God uses trials for good — Romans 8:28-29.
 - b. If necessary, present the plan of salvation (see Victory Over Failures Plan booklet, Page 8, Paragraph A. 2.).
 - c. Show that the major problem is failure to love — Romans 8:28; Matthew 22:37-39.
 - d. Show need to evaluate whether or not he is a loving son — I Corinthians 13:4-8a.
5. **Explain biblical basis for devotions** — Psalm 1:1-3.
6. **Show need for Scripture memory** — Psalm 119:9-11.
7. **Confirm homework** (see above).
8. **Pray.** Encourage counselee to pray to commit himself to do the Word this week as unto the Lord.

Possible Discipleship/Counseling Topics for Future Meetings:

- Show need to testify of salvation to family — II Corinthians 5:17-20 [MP, Box 6].
- Explain need to repent — Revelation 3:19 [MP, Box 7].
- Explain need for commitment to please God — Colossians 1:10 [MP, Box 7].
- Show need for fellowship — Hebrews 3:13; 10:24-25 [MP, Box 8].

(Write on back as needed)

**HOMEWORK COMPLETED BY
TIMOTHY**

EVALUATION OF WHETHER OR NOT I HAVE BEEN A LOVING SON

1. *Most of the time I am patient with Dad, but sometimes I don't feel like being patient with Dad when he gets drunk.*
2. *I try to be kind to Dad, but sometimes I say unkind words when he shouts at us.*
3. *I do not get jealous.*
4. *I do not brag.*
5. *I do not think that I am arrogant.*
6. *I have not always been polite to Dad.*
7. *Mostly, I do not seek my own way. I try to take care of my brothers.*
8. *I became provoked last week when Dad yelled at me.*
9. *I think a lot about how Dad has not been a good father towards my brothers and me.*

Worksheet 2:

Lists of Specific Failures to Live Biblically

List of speech and actions related to the ongoing problem area:

1. *I spoke loudly to my dad and used a harsh tone of voice.*
2. *I pushed my dad into his room in anger and forced him to lie down on his bed.*
3. *I was mad at Dad because he lost his job and we had no money.*
4. *I mocked Dad*
5. *I told my brothers that they should not pay attention to him when he gets drunk.*
6. *I talked in tearing down ways about Dad to my friends because I need help to know what to do.*

List of thoughts, speech, and actions against the Lord alone:

1. *I have bitter thoughts toward Dad.*
2. *I failed to have devotions twice this week, but they were both on days that I was exhausted.*

EVALUATION OF TIMOTHY'S HOMEWORK

EVALUATION OF WHETHER OR NOT I HAVE BEEN A LOVING SON

Minimizing

sin— 1. *Most of the time I am patient with Dad, but sometimes I don't feel like being patient with Dad when he gets drunk.*

2. *I try to be kind to Dad, but sometimes I say unkind words when he shouts at us.*

3. *I do not get jealous.*

4. *I do not brag.*

5. *I do not think that I am arrogant.*

*Not
specific*

6. *I have not always been polite to Dad.*

7. *Mostly, I do not seek my own way. I try to take care of my brothers.*

8. *I became provoked last week when Dad yelled at me.*

9. *I think a lot about how Dad has not been a good father towards my brothers and me.*

Blameshifting

Not thorough: Thoughts? Speech? Actions?

Note: All notes in this script represent the discipler/counselor's notes from the second meeting.

Worksheet 2:

Lists of Specific Failures to Live Biblically

List of speech and actions related to the ongoing problem area:

1. *I spoke loudly to my dad and used a harsh tone of voice.*
2. *I pushed my dad into his room in anger and forced him to lie down on his bed.*
3. *I was mad at Dad because he lost his job and we had no money.* — Blameshifting — Delete
4. *I mocked Dad* — Minimizing sin — Delete
5. *I told my brothers that they should not pay attention to him when he gets drunk.*
6. *I talked in tearing down ways about Dad to my friends because I need help to know what to do.* — Minimizing sin — Delete

Not specific,
Not thorough — Ask
questions: Think,
speak, act?

List of thoughts, speech, and actions against the Lord alone:

1. *I have bitter thoughts toward Dad.*
2. *I failed to have devotions twice this week, but they were both on days that I was exhausted.* — Minimizing sin — Delete

Note: All notes in this script represent the discipler/counselor's notes from the third meeting.

DISCIPLER/COUNSELOR HELPS

Sample

BIBLICAL DISCIPLESHIP/COUNSELING RECORD

(PLAN FOR FIRST MEETING WITH TIMOTHY) (WITH INSTRUCTOR'S MARKS)

Date _____ Confidential # _____ Meeting # 1 Length of Meeting _____

Discipler/Counselor's Initials _____ Disciple/Counselee's Initials T

Homework Assigned Last Meeting:

From NOTES FOR BOX 2,
V. Key homework assignments

From NOTES FOR BOX 5,
V. Key homework assignments

Proposed Homework:

- 1) Read **BASIS FOR BIBLICAL DISCIPLESHIP/ COUNSELING**. Write down any questions I have.
- 2) During devotions, evaluate whether or not I have been a loving son, using I Corinthians 13:4-8a as my guide.
- 3) Memorize _____. (Counselee selects which verses were most used by the Lord in this meeting.)
- 4) Meet with Pastor Tom.

Notes:

From NOTES FOR BOX 2,
IV. Suggested topics

From NOTES FOR BOX 3,
IV. Suggested topics

From NOTES FOR BOX 5,
IV. Suggested topics

From NOTES FOR BOX 8,
IV. Suggested topics

Proposed Discipleship/Counseling Topics for This Meeting:

1. **Introductions**
2. **Explain BASIS FOR BIBLICAL DISCIPLESHIP/ COUNSELING** — II Timothy 3:16-17, *Pray*.
3. **Gather information.**
 - a. Review counselee's completed **BASIC INFORMATION ABOUT THE PROBLEM** form.
 - b. Ask questions using **DETAILED INFORMATION RELATED TO THE PROBLEM** form. Thoroughly check profession of faith.
4. **Help develop initial hope and recognition of personal sins.**
 - a. God uses trials for good — Romans 8:28-29.
 - b. If necessary, present the plan of salvation (see Victory Over Failures Plan booklet, Page 8, Paragraph A. 2.).
 - c. Show that the major problem is failure to love — Romans 8:28; Matthew 22:37-39.
 - d. Show need to evaluate whether or not he is a loving son — I Corinthians 13:4-8a.
5. **Explain biblical basis for devotions** — Psalm 1:1-3.
6. **Show need for Scripture memory** — Psalm 119:9-11.
7. **Confirm homework** (see above).
8. **Pray.** Encourage counselee to pray to commit himself to do the Word this week as unto the Lord.

Possible Discipleship/Counseling Topics for Future Meetings:

- Show need to testify of salvation to family — II Corinthians 5:17-20 [MP, Box 6].
- Explain need to repent — Revelation 3:19 [MP, Box 7].
- Explain need for commitment to please God — Colossians 1:10 [MP, Box 7].
- Show need for fellowship — Hebrews 3:13; 10:24-25 [MP, Box 8].
- Show need to obey and respect father — Ephesians 6:1-3.

These references from the Handbook, Section II, EXPLANATION OF THE MASTER PLAN (MP) show the sources from which the homework items and topics were derived.

From NOTES FOR BOX 6,
IV. Suggested topics

From NOTES FOR BOX 7,
IV. Suggested topics

From NOTES FOR BOX 8,
IV. Suggested topics

(Write on back as needed) From question asked by Timothy during meeting

DISCIPLER/COUNSELOR MARKUP OF THE BASIS FOR BIBLICAL DISCIPLESHIP/COUNSELING

1. **BIBLICAL DISCIPLESHIP/COUNSELING: A MINISTRY** — All believers are to minister through biblical discipleship/counseling within the body of Christ to all who have need (*based on Matthew 28:19-20; Romans 15:14; Galatians 6:1-5*). The range of problems with which biblical disciplers/counselors deal is very wide. It includes broken marriages, parent-child relationships, depression, alcohol and drug abuse, tension, turmoil, anxiety, fear, worry, and any number of other problems that may result in mental and physical distress.
2. **TRAINING OF THE BIBLICAL DISCIPLER/COUNSELOR** — The biblical discipler/counselor is trained in the use of Scripture and its principles for biblical living. He is committed to the position that the Scriptures are the only authoritative standard for faith and conduct (*II Timothy 3:16-17*). He does not base his knowledge on his own or others' opinions, experience, or concepts of behavior (*Isaiah 55:8-11; II Timothy 2:15; Titus 2:1*); instead, he seeks to marshal the full range of biblical truth to bear on your need (*Hebrews 4:12*). Throughout the discipleship/counseling process, he will hold to the essential truths of Scripture without particular theological emphasis on any practice not specifically advocated in the Scriptures (*Titus 2:1*).
3. **A LABOR OF LOVE** — Biblical disciplers/counselors provide their time and energy as a service to God and a labor of love to individuals (*based on I Thessalonians 2:7-8; I Timothy 1:5*). Therefore, each discipler/counselor serves without any charge or fee, or any financial arrangement, actual or implied.
4. **TEAM DISCIPLESHIP/COUNSELING: A BIBLICAL CONCEPT** — Typically, you will find that biblical disciplers/counselors work in teams since team discipleship/counseling has many biblical benefits, both for you and the disciplers/counselors (*Proverbs 11:14; 15:22; 18:17; 20:18; 24:6; Matthew 18:16*). Normally, you will meet with a team of disciplers/counselors who will help you as you face, deal with, and endure problems in a way that leads to lasting change in your life. You are a vital member of the team as you seek to overcome the problems in your life. The most important member of the team, however, is the Lord Himself, in the Person of the Holy Spirit. It is He who will provide the hope, the enabling, and the wisdom (through God's Word) for you to deal with your problems (*John 14:26; Romans 5:3-5; 8:26-27; Ephesians 3:16*).
5. **LASTING CHANGE AND MATURITY THROUGH BIBLICAL DISCIPLESHIP/COUNSELING** — Biblical disciplers/counselors are committed not only to help you overcome the current problem in your life but also to train you to live all your life in a manner that leads to increasing maturity in the Lord (*Psalms 119:165; Proverbs 2:6-12a; Galatians 6:1-5; I Timothy 4:7-8; I John 5:1-5*). Thus, in the scriptural sense, biblical discipleship/counseling is a ministry that teaches you to walk in God's way even in the midst of serious problems (*based on Matthew 28:19-20; I Timothy 1:5; II Timothy 2:2*).
6. **CONFIDENTIALITY** — A commitment to trustworthiness is an important quality of biblical disciplers/counselors (*based on I Corinthians 4:2*). Thus, although they may talk with others about a particular situation, you may be confident that the discussions will be restricted to whatever is necessary to help you overcome your problems (*based on Proverbs 10:18-21; 15:28; 18:8; 25:11*).

At this time, pray for guidance.

After reading this portion, remark that God holds everyone responsible not to gossip.

ROLE-PLAY HELPS – FIRST MEETING WITH TIMOTHY

DISCIPLESHIP/COUNSELING TOPIC 1.

Introduction

A. Questions before the role-play:

1. In a typical counseling setting, the team meets 15 minutes in advance of the counselee. What does the team do in that 15 minute period? (Refer to **OVERVIEW OF THE BIBLICAL DISCIPLESHIP/COUNSELING PROCESS, II. First meeting with the disciple/counselee, Handbook**, Pages H150-H151.)

Answer: Pray and confirm the meeting plan.

2. Who should introduce Timothy?

Answer: The person who already has a relationship with him or whomever the lead discipler/counselor selects.

3. How should each person be introduced to Timothy?

Answer: As a member of the team; not as “lead” or “assistant.” The introductions should also demonstrate brotherly affection in Christ rather than a formal clinical relationship.

4. How should seats be arranged for the meeting with Timothy?

Answer: Around a table without preference of position, much like a Bible study

5. Where should Timothy be seated?

Answer: Next to the discipler selected to conduct mid-week meetings with him

- B. **Sample transition statement into Topic 2.:** “We want to make sure that you understand what we are going to be doing during our time together. Everything is summarized in the document we gave you to read. Did you have the opportunity to read it?”

DISCIPLESHIP/COUNSELING TOPIC 2.

Explain BASIS FOR BIBLICAL DISCIPLESHIP/COUNSELING – II Timothy 3:16-17. Pray.

A. Questions before the role-play:

1. How should your personal copy of the **BASIS FOR BIBLICAL DISCIPLESHIP/COUNSELING** form be prepared before the meeting with Timothy?

Answer: See the **DISCIPLER/COUNSELOR MARK-UP OF THE BASIS FOR BIBLICAL DISCIPLESHIP/COUNSELING FORM, this Syllabus**, Pages S103-S105.

2. How do you explain to Timothy the reason for providing him the **BASIS FOR BIBLICAL DISCIPLESHIP/COUNSELING** form to read?

Answer: Say something like, “This form is to provide you information on what to expect as we spend our time together. Our desire is to have you understand what we are planning and why.”

3. How will you help Timothy become familiar with the **BASIS** sheet?

Answer: Ask him to read and highlight key portions of the sheet in the meeting.

4. Which portions of the **BASIS** form will you ask Timothy to read in the meeting?

Answer: Only the highlighted portions of the **DISCIPLER/COUNSELOR MARK-UP OF THE BASIS FOR BIBLICAL DISCIPLESHIP/COUNSELING FORM** (*this Syllabus*, Pages S103-S105).

5. What is the reason that Timothy should be the one to read the various texts in the **BASIS** form rather than someone else?

Answer:

- a. To help him become familiar with the form,
- b. To assure you that he is reading in the right place, and
- c. To see if he understands what he is reading.

6. What are some reasons that Timothy should be the one to read the Scripture verses rather than the counselors? (Refer to **APPLYING SCRIPTURES IN DISCIPLESHIP/COUNSELING, III. How to convey the Scriptures to disciples/counselees, Handbook**, Pages H127-H132.)

Answer:

- a. To help him be attentive and learn.
- b. To assure the team that Timothy is looking at the correct passage.
- c. To alert the team to specific differences in wording used in the translation of Timothy's Bible.
- d. To teach Timothy how to find verses in his own Bible.

7. What Scripture passage should Timothy read?

Answer: *II Timothy 3:16-17*

8. What questions will you ask about that passage?

Answer:

- a. "Who is the author of the Scriptures?" — **Answer:** "God"
- b. "What is the purpose of the Scriptures?" — **Answer:** "To teach, reprove, correct, and train in righteousness."
- c. "What is the goal of the Scriptures?" — **Answer:** "That the man of God may be thoroughly equipped for every good work."

9. Why should you wait to pray until after Timothy reads Paragraph 4.?

Answer: To establish the biblical basis for prayer

10. Just after you complete the explanation of the **BASIS** form, what homework assignment should you remind Timothy to write down? [Refer to **Biblical Discipleship/Counseling Record (PLAN FOR FIRST MEETING WITH TIMOTHY)**, *this Syllabus*, Page S80.]

Answer: "Read **BASIS FOR BIBLICAL DISCIPLESHIP/COUNSELING**. Write down any questions I have."

- B. **Sample transition statement into Topic 3.a.:** “We studied your answers on the information form you filled out for us, and we have some questions.”

DISCIPLESHIP/COUNSELING TOPIC 3. GATHER INFORMATION.

DISCIPLESHIP/COUNSELING TOPIC 3.a.

Review counselee’s completed **BASIC INFORMATION ABOUT THE PROBLEM** form.

A. Questions before the role-play:

1. On what portion of the **BASIC INFORMATION** questionnaire should you concentrate? (Refer to **TIMOTHY — BASIC INFORMATION ABOUT THE PROBLEM** *this Syllabus*, Page S76.)

Answer: The description of the current problem because it is important to get an accurate understanding of the current situation before offering help.

2. What is the reason that one of the disciplers/counselors should read aloud Timothy’s description of the problem?

Answer: Timothy no longer has his completed **BASIC INFORMATION** form.

3. What kind of questions should you ask? (Refer to **UNDERSTANDING PROBLEMS BIBLICALLY**, *Handbook*, Pages H133-H138.)

Answer: Questions like:

- a. “Has anything changed since you wrote the description of your problem?” If the answer is “yes,” ask, “Would you please describe the changes?”
- b. “When did this problem start?”
- c. “What happened when it started?”
- d. “How did you respond to your father in the situation you just mentioned?”

NOTE: Concentrate on identifying personal sin, which is at the doing level of the problem. Ask: “How did you speak?” “How did you act?” “What kind of thoughts did you have?”

- e. “Is there anything else that you did?”

4. What kind of questions should you **not** ask? (Refer to **UNDERSTANDING PROBLEMS BIBLICALLY**, *Handbook*, Pages H133-H138.)

Answer:

- a. Questions that ask about:
 1. The failures of others.
 2. How Timothy is feeling.

NOTE: You may gather information at the feeling level to provide a reference for gathering more information. For example, if the counselee says he is sad (feeling level) ask, “When you were sad, what did you do?” to get more information.

- b. Questions that begin with “why”

5. What kind of notes should you take?

Answer: Our note taking should concentrate on Timothy's sinful deeds because dealing with his sins is the key to being reconciled with God and thus to victory.

6. What is the reason for writing the exact words that Timothy uses to describe his sins.

Answer: So that there is no misunderstanding later when we remind him of his statements about his sinful behavior.

- B. **Sample transition statement into Topic 3.b.:** "May we ask you some additional questions? The answers may help us to understand better your situation."

DISCIPLESHIP/COUNSELING TOPIC 3.b.

Ask questions using DETAILED INFORMATION RELATED TO THE PROBLEM form. Thoroughly check profession of faith.

- A. **Questions before the role-play:**

1. On what portions of the **DETAILED INFORMATION** questionnaire should you concentrate? (Refer to **TIMOTHY — BLANK DETAILED INFORMATION RELATED TO THE PROBLEM**, *this Syllabus*, Pages S77-S79.)

Answer: Portions that are highlighted in the *Syllabus*.

2. When you investigate Timothy's salvation, what kinds of changes will you look for? (Refer to **NOTES FOR BOX 6**, *Handbook*, Pages H75-H76.)

Answer: Changes in his relationships with others and with God as a result of his salvation.

NOTE: *The temptation of Timothy is to fix his circumstances, but what he needs is to deepen his relationship with the Lord. Once his relationship with the Lord is established and he has begun taking the logs from his own eye, he will be able to see clearly how to deal with others.*

- B. **Sample transition statement into Topic 4.a.:** "Thank you for your answers to our questions; they are very helpful. Timothy, as difficult as your situation is, it could be a lot worse. You could be without food, you could be separated from your brothers, you could end up in physical pain, and there are many other things that could happen. That is why it is especially important for you to see that God has some wonderful news for you — and you can take advantage of His promises today. You see, God knows all about your situation and He has a perfect plan for you. We can find God's plan by looking at *Romans 8:28*."

BIBLICAL DISCIPLESHIP/COUNSELING RECORD

(PLAN FOR SECOND MEETING WITH TIMOTHY)

(WITH INSTRUCTOR'S MARKS)

S117

Date _____ Confidential # _____ Meeting # 2 Length of Meeting _____

Discipler/Counselor's Initials _____ Disciple/Counselee's Initials T

Homework Assigned Last Meeting:

- 1) Meet with Pastor Tom on Friday at noon in the school lunchroom.
- 2) Memorize I Corinthians 13:4-5.
- 3) Read **BASIS FOR BIBLICAL DISCIPLESHIP/ COUNSELING**. Write down any questions I have.
- 4) During devotions, evaluate whether or not I have been a loving son, using I Corinthians 13:4-8a as my guide.

From NOTES FOR BOX 2,
V. Key homework assignments
From NOTES FOR BOX 9,
V. Key homework assignments
From NOTES FOR BOX 10,
V. Key homework assignments

Proposed Homework:

- 1) Read the Victory Over Failures Plan booklet, Pages 1-10. Write down any questions I have.
- 2) During devotions, complete Worksheet 2 using the Victory Over Failures Plan booklet, Pages 15-17, 19.
- 3) Ask God's forgiveness for my sins as soon as they are recognized.
- 4) Memorize _____. (Disciple selects which verses were most used by the Lord in this meeting.)
- 5) Review verses already memorized.
- 6) Meet with Pastor Tom on Friday at noon in the school lunchroom.

Notes:

From NOTES FOR BOX 9,
IV. Suggested topics
From NOTES FOR BOX 7,
IV. Suggested topics

From NOTES FOR BOX 9,
IV. Suggested topics

From NOTES FOR BOX 10,
IV. Suggested topics

From counselor's notes for possible
future topics from the previous meeting

From NOTES FOR BOX 6,
IV. Suggested topics

From NOTES FOR BOX 8,
IV. Suggested topics

Proposed Discipleship/Counseling Topics for This Meeting:

1. **Review week and pray.**
2. **Review homework.**
3. **Explain need to judge self** — Matthew 7:1, 5.
4. **Lead disciple to make a commitment to please the Lord.**
 - a. Review God's plan — Romans 8:28-29.
 - b. Explain need to repent — Revelation 3:19.
 - c. Explain need for commitment to please God — Colossians 1:10.
 - d. Encourage disciple to pray a prayer of repentance and commitment.
5. Introduce Victory Over Failures Plan and **show how to complete Worksheet 2** using the Victory Over Failures Plan booklet, Pages 15-17, 19, 41.
6. **Explain need to confess sins to the Lord as soon as they are recognized** — I John 1:9.
7. **Show need to obey and respect father** — Ephesians 6:1-3.
8. **Confirm homework** (see above).
9. **Pray.** Encourage disciple to pray to commit himself to do the Word this week as unto the Lord.

Possible Discipleship/Counseling Topics for Future Meetings:

- Show need to testify of salvation to family — II Corinthians 5:17-20 [MP, Box 6].
- Show need for fellowship — Hebrews 3:13; 10:24-25 [MP, Box 8].

These references from the Handbook, Section II, EXPLANATION OF THE MASTER PLAN (MP) show the sources from which the homework items and topics were derived.

(Write on back as needed)