

Level 3

Syllabus

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



LEVEL 3 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

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 disciple-makers (*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

Biblical Discipleship/Counseling Level 3 is the third course of the BCF Training Program. The purpose of Level 3 is to continue the training begun in Levels 1 and 2 by showing how to help multiple counselees and extending the discipleship/counseling meetings to show an ongoing process.

The course consists of thirteen lessons, usually taught in two-hour meetings once a week. Included in these lessons are practice role-plays in which you will actively participate as assistant and lead disciplers/counselors.

OBJECTIVES OF THIS COURSE

In Level 3, you can expect to learn through practical application how to:

- Improve and extend biblical plans for counseling meetings;
- Improve application of the Scriptures as your only authority for faith, conduct, and counsel;

- Increase your ability to understand problems biblically at the feeling, doing, and heart levels;
- Remain faithful in emphasizing biblical hope;
- Improve your discernment in evaluation of the speech and actions of disciples/counselees;
- Remain consistent in evaluating and encouraging commitment to the Lord;
- Avoid taking the biblical responsibilities of counselees upon yourself;
- Improve your ability to assign biblical homework;
- Increase your understanding and application in counseling biblically in the following:
 - Preoccupation with self,
 - Anger, bitterness, depression, fear, and worry, and
 - Relationships (interpersonal, marital, parent-child).

PREREQUISITES FOR THIS COURSE

Satisfactory completion of the Self-Confrontation Course and Biblical Discipleship/Counseling Level 2: Remember that all principles and subject matter in the *Self-Confrontation* manual and the *Handbook for the Ministry of Biblical Discipleship/Counseling* are references in this course. Refer to them 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 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 3 Syllabus for Training in Biblical Discipleship/Counseling*, 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 3 Syllabus* provides information about the contents of Level 3. 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 3 Syllabus*

1. This *Level 3 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 Mark and Lydia, a married couple whom the students will counsel in role-plays throughout the course.
 - b. *Completed Homework*
These pages are samples of the homework that Mark and Lydia would complete in response to each of the role-play meetings. The role-players portraying Mark and Lydia will simulate giving these to the student disciplers/counselors during the appropriate role-plays.
 - c. *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 Level 2 and 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 previous courses.

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 3 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 biblical discipleship/counseling;
- Role-plays;
- 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 two previous courses, 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

ROLE-PLAY — FIRST MEETING WITH MARK AND LYDIA

"I urge you therefore, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what the will of God is, that which is good and acceptable and perfect."

Romans 12:1-2

LESSON 1: ROLE-PLAY — FIRST MEETING WITH MARK AND LYDIA

- I. The purpose of this lesson is to practice team discipleship/counseling in:
 - A. Helping Mark and Lydia begin to understand their problems biblically,
 - B. Establishing a biblical foundation for discipleship/counseling, and
 - C. Dealing with multiple disciples/counselees.
- II. The outline of this lesson
 - A. INTRODUCTION (*this Syllabus*, Pages S13-S16)
 - B. Preparing for the role-play
 - 1. Explaining the **BASIS FOR BIBLICAL DISCIPLESHIP/COUNSELING** form
 - 2. Introducing the *Victory Over Failures Plan* booklet
 - 3. Gathering information
 - 4. Helping develop initial hope and recognition of personal sins
 - 5. Serving as a team
 - 6. Dealing with multiple counselees
 - C. Role-play — First meeting with Mark and Lydia
 - D. LESSON 1: HOMEWORK (*this Syllabus*, Page S21)

LESSON 1: HOMEWORK

✓ *homework completed*

- ☐ A. Review *Ezekiel 18:20* and *Ephesians 6:4* (memory verses from the Self-Confrontation course). Memorize *Romans 12:1-2*.
- ☐ B. Review the *Victory Over Failures Plan* booklet.
- ☐ C. Review **BOXES 1-8** of the **MASTER PLAN FOR THE MINISTRY OF BIBLICAL DISCIPLESHIP/COUNSELING** and the corresponding portions of the **EXPLANATION OF THE MASTER PLAN** (*Handbook*, Pages H59, H64-H81). Begin listing further questions you would ask Mark and Lydia for the next role-play.
- ☐ D. Using the **CHECKLIST FOR EVALUATING BIBLICAL DISCIPLESHIP/COUNSELING MEETINGS** (*Handbook*, Pages H205-210, BCF Form 13), evaluate the meeting conducted in the class.
- ☐ E. In preparation for the next role-play, study the remaining questions and answers under **ROLE-PLAY HELPS – FIRST MEETING WITH MARK AND LYDIA** (*this Syllabus*, Pages S177-S190).

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.

MARK — BASIC INFORMATION ABOUT THE PROBLEM

DATE: 4th (current month)

PERSONAL INFORMATION

NAME: Mark PHONE #: 555-1987 FAX #: None

ADDRESS: 654 Place, This Town

OCCUPATION: Factory assembly line worker BUSINESS PHONE #: 555-1234

GENDER: Male BIRTHDATE: 16 June AGE 53 EMAIL ADDRESS: None

MARITAL STATUS:

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

EDUCATION: Last Grade Completed (Prior to college) 12th Grade Other Education (List type and years) I finished

2 years in a technical institute RECOMMENDED BY: My doctor

NAME OF SPOUSE: Lydia OCCUPATION: Housewife

SPOUSE'S ADDRESS (If different than yours): Same as above

THE BASIC PROBLEM AS YOU UNDERSTAND IT:

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

1. PLEASE DESCRIBE THE CURRENT PROBLEM.

Lydia and I are having severe problems talking to each other. She always puts me down, makes me look bad in front of others, and thinks my opinions are worthless. I'm having stomach problems and tension at work because of the friction at home. The doctor says that I need to resolve the problems with Lydia, or else I am going to have some really serious physical problems with this possible ulcer.

2. WHAT HAVE YOU DONE ABOUT IT?

We have tried talking about our disagreement but it only ends up in worse fights every time. Now we are not even talking to each other at all. Whenever she starts to nag me I just get up and walk out. It seems the only way to avoid arguments.

3. WHAT HELP ARE YOU SEEKING?

I wish you would talk with Lydia about her temper and help me to deal with her outbursts.

4. WHAT LED YOU TO SEEK HELP NOW?

The situation has become absolutely intolerable.

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

MARK — BLANK DETAILED INFORMATION RELATED TO THE PROBLEM

INFORMATION ABOUT SPIRITUAL LIFE

CHURCH NAME: _____

CHURCH ADDRESS: _____ PASTOR'S NAME: _____

CHURCH ATTENDANCE: Frequency of attendance _____ Times per month

WHAT ARE YOU LEARNING THROUGH THE SERMONS/MESSAGES/BIBLE STUDIES AT YOUR CHURCH?

PLEASE LIST MINISTRY INVOLVEMENT: _____

CHURCH ATTENDED IN CHILDHOOD: _____

HAVE YOU BEEN BAPTIZED? Yes ☐ No ☐ WHEN? _____

IF MARRIED, RELIGIOUS BACKGROUND OF SPOUSE: _____

(ONLY IF APPLICABLE) SPOUSE'S CHURCH ATTENDANCE:

Spouse's church name _____ Frequency of attendance _____ Times per month

DO YOU PRAY TO GOD? Never ☐ Occasionally ☐ Often ☐ How often? _____

WHAT DO YOU PRAY ABOUT? _____

HAVE YOU COME TO THE PLACE IN YOUR SPIRITUAL LIFE WHERE YOU KNOW WITH CERTAINTY THAT IF YOU WERE TO DIE TONIGHT YOU WOULD GO TO HEAVEN?

Yes ☐ No ☐ Uncertain ☐

IF YES, WHAT IS YOUR BASIS FOR ANSWERING THE ABOVE QUESTION AS YOU DID? _____

HAVE YOU RECEIVED JESUS CHRIST PERSONALLY AS YOUR SAVIOR?

Yes ☐ No ☐ Uncertain ☐ Don't Know What You Mean ☐

IF YES, HOW DO YOU KNOW THAT JESUS CHRIST IS YOUR SAVIOR? _____

IF YOU HAVE RECEIVED CHRIST AS SAVIOR, WHAT CHANGES TOOK PLACE IN YOUR LIFE WHEN YOU BECAME A BELIEVER? _____

IF YOU HAVE RECEIVED CHRIST AS SAVIOR, HAVE YOU TOLD HOUSEHOLD/FAMILY MEMBERS ABOUT RECEIVING JESUS AS SAVIOR? Yes ☐ No ☐

IF YES, WHOM HAVE YOU TOLD? _____

DO YOU READ THE BIBLE? Never ☐ Occasionally ☐ Often ☐ How often? _____

DO YOU HAVE PERSONAL DEVOTIONS? Never ☐ Occasionally ☐ Often ☐ How often? _____

DESCRIBE YOUR PERSONAL DEVOTIONS: _____

DO YOU HAVE FAMILY DEVOTIONS? Never ☐ Occasionally ☐ Often ☐ How often? _____

DESCRIBE YOUR FAMILY DEVOTIONS: _____

EXPLAIN ANY RECENT CHANGES IN YOUR SPIRITUAL LIFE: _____

NOTE: Typically, only the shaded portions need to be reviewed with the disciple/counselee.
MARK – BLANK DETAILED INFORMATION RELATED TO THE PROBLEM

INFORMATION ABOUT PRIOR COUNSELING

HAVE YOU HAD ANY COUNSELING BEFORE? Yes ☐ No ☐

COUNSELOR NAME(S)	DATES FROM TO	MEDICATION PRESCRIBED	OUTCOME

INFORMATION ABOUT PERSONAL HABITS AND HEALTH

APPROXIMATELY HOW MANY HOURS OF SLEEP DO YOU GET EACH NIGHT? _____

WHEN DO YOU NORMALLY: go to bed? _____ fall asleep? _____ wake up? _____ get out of bed? _____

IF THERE IS A LENGTH OF TIME BETWEEN YOUR GOING TO BED AND FALLING ASLEEP, WHAT DO YOU DO DURING THAT TIME? _____

IF THERE IS A LENGTH OF TIME BETWEEN YOUR WAKING UP AND GETTING OUT OF BED, WHAT DO YOU DO DURING THAT TIME? _____

DESCRIBE ANY RECENT CHANGES IN SLEEP HABITS: _____

STATE OF HEALTH: Very Good ☐ Good ☐ Average ☐ Declining ☐ Other ☐

DATE OF LAST MEDICAL EXAMINATION: _____ RESULTS: _____

ARE YOU PRESENTLY TAKING MEDICATION? Yes ☐ No ☐ WHAT? _____ DOSAGE? _____

FOR WHAT REASON DO YOU TAKE THIS MEDICATION? _____

HAVE YOU USED DRUGS FOR OTHER THAN MEDICAL PURPOSES? Yes ☐ No ☐ WHEN? _____

WHAT? _____ AMOUNTS/DOSAGES? _____

DO YOU DRINK ALCOHOLIC BEVERAGES? Yes ☐ No ☐ WHEN? _____ HOW MUCH? _____

BIBLICAL DISCIPLESHIP/COUNSELING RECORD

(PLAN FOR FIRST MEETING WITH MARK AND LYDIA)

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

Discipler/Counselor's Initials _____ Disciple/Counselee's Initials M & L

Homework Assigned Last Meeting:

Proposed Homework:

- 1) Read *Victory Over Failures Plan* booklet, Pages 1-11. Write down any questions I have.
- 2) Read **BASIS FOR BIBLICAL DISCIPLESHIP/ COUNSELING**. Write down any questions I have.
- 3) During devotions, evaluate whether or not I have been a loving spouse, using I Corinthians 13:4-8a as my guide.
- 4) Memorize _____. (Counselees select which verses were most used by the Lord in this meeting.) Write memory passage on a card.
- 5) M. call male assistant _____.
L. call female assistant _____.

Notes:

Proposed Discipleship/Counseling Topics for This Meeting:

1. **Introductions**
2. **Explain BASIS FOR BIBLICAL DISCIPLESHIP/ COUNSELING** — II Timothy 3:16-17, Introduce *Victory Over Failures Plan*, **Pray**.
3. **Gather information.**
 - a. Review counselees' completed **BASIC INFORMATION ABOUT THE PROBLEM** forms.
 - 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 VOFB 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/she is a loving spouse — 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 each counselee to pray to commit himself or herself to do the Word this week as unto the Lord.

Possible Discipleship/Counseling Topics for Future Meetings:

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)

BIBLICAL DISCIPLESHIP/COUNSELING RECORD

(PLAN FOR TENTH MEETING WITH MARK AND LYDIA)

S91

Date _____ Confidential # _____ Meeting # 10 Length of Meeting _____

Discipler/Counselor's Initials _____ Disciple/Counselee's Initials M & L

Homework Assigned Last Meeting:

- 1) Memorize: M. — Ephesians 4:29;
L. — Ephesians 4:15
- 2) Review verses already memorized.
- 3) During devotions continue working on my worksheets. Incorporate into my worksheets the items on my list of ways to bless my spouse.
- 4) Conduct at least two family meetings this week for 30 minutes each.

Proposed Homework:

- 1) During devotions: Develop specific steps for putting on the full armor of God and incorporate them into my worksheets. Then make the appropriate applications in my life.
- 2) Memorize _____ (Disciples select verses that were most used by the Lord in this meeting.)
- 3) Review verses already memorized.
- 4) M. call male assistant on Thursday at 8:00 p.m.;
L. call female assistant on Thursday at 3:00 p.m.

Notes:

Proposed Discipleship/Counseling Topics for This Meeting:

1. **Review week and pray.**
2. **Review homework.**
3. **Help disciples continue to work on worksheets.**
4. **Explain the armor of God as described in Ephesians 6:10-18.**
5. **Confirm homework** (see above).
6. **Pray.** Encourage each disciple to pray to commit himself or herself to do the Word this week as unto the Lord.

Possible Discipleship/Counseling Topics for Future Meetings:

(Write on back as needed)

COMPLETED HOMEWORK

Sample

EVALUATION OF WHETHER OR NOT I HAVE BEEN A LOVING HUSBAND

(using *I Corinthians 13:4-8a* as a guide)

1. *I have not always been patient.*
2. *I am generally kind to Lydia, except when she puts down my ideas or calls me humiliating names.*
3. *I haven't kept track of a wrong suffered, other than the times she really hurts me, like when she puts me down in front of her family.*

EVALUATION OF WHETHER OR NOT I HAVE BEEN A
LOVING WIFE

(using *I Corinthians 13:4-8a* as a guide)

1. *I was a bit angry; but **any** wife would be provoked if she was married to someone like Mark.*
2. *I am certainly not jealous.*
3. *I act becomingly most of the time; I try to act like a lady.*
4. *I am not seeking my own way — I'm only trying to help Mark be better spiritually.*

Mark's Worksheet 2: Lists of Specific Failures to Live Biblically

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

1. *I yelled at Lydia, stomped away from her, and slammed the door in her face.*
2. *I glared at Lydia when she scowled at me.*
3. *I made a sarcastic remark about Lydia spending more time on her women's Bible study than on fixing the meals for the family — but I was telling it to her in love.*

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

1. *I often have bitter thoughts about Lydia.*
2. *I failed to have devotions twice this week, but they were both on days when I got up late.*

Lydia's Worksheet 2: Lists of Specific Failures to Live Biblically

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

1. *I expressed my anger by throwing down my pencil and stomping to the stove.*
2. *Last week, I had dinner ready one evening, but Mark was late. So, I fed the children and I ate my dinner. He still did not arrive home, so I let his dinner stay on the stove to burn.*
3. *I grumbled to the children about how their dad is late so often in coming home.*

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

1. *I often have bitter thoughts about Mark.*
2. *I failed to have devotions once this week because the children demanded my attention.*

Mark's Worksheet 4: "Daily Practices" Plan

*My plan not to repeat this sin and, instead, to respond biblically
(James 1:22-25)*

Page 1 of 2

Sin pattern that I need to change (as seen from the second column of Worksheet 3):

ANGER: *Wrath, clamor, malice, unwholesome words, harsh words, hot temper, evil speech, and bitterness*

Righteous pattern to be established (as seen from the third column of Worksheet 3):

Kindness, tender-heartedness, forgiveness, quick to hear, slow to speak, slow to anger, words good for edification according to the need of the moment that they may give grace to those who hear, gentle words, patience, and pondering before answering

My plan to live righteously:

A. When rising from bed:

1. *Thank the Lord for His grace, mercy, and comfort, and express my desire to please Him today.*
2. *Thank God for the privilege of ministering to Lydia, and ask the Lord for guidance throughout the day.*
3. *Ask the Lord to reveal to me, as I go through the day, areas of my conduct that are sinful and in need of change, particularly on how to demonstrate love, instead of anger, toward Lydia.*

B. During morning devotions:

1. *In my study of God's Word:*
 - a. *Using a concordance, keep listing additional Scripture verses relating to kindness, tender-heartedness, forgiveness, quick to hear, slow to speak, slow to anger, edifying words that give grace to Lydia according to the need of the moment, gentle words, patience, and pondering before answering. Concentrate especially on the verses that show me practical changes to make. Then, incorporate into this plan what I should apply to my life in relationship with Lydia based on key verses.*
 - b. *On the list of verses I have looked up, put an asterisk by the verses I should memorize.*

Mark's Worksheet 4: "Daily Practices" Plan (Continued)

*My plan not to repeat this sin and, instead, to respond biblically
(James 1:22-25)*

Page 2 of 2

My plan to live righteously *(continued):*

2. *In my prayer time:*

a. *Pray about what I just studied and acknowledge my dependence upon the Lord for wisdom and strength to apply what I learned.*

b. *Pray about the items on my prayer list that relate to Lydia.*

C. *In my Scripture memory:*

1. *Write down my Scripture memory verses on cards (from my list that relates to the problem).*

2. *From my list, memorize at least one new Scripture verse a week and daily review the verses I have already learned.*

3. *Carry the memory verse cards with me everywhere I go and review them often during the day, especially when I do not have responsibilities that fully occupy my mind.*

D. ***During breakfast and preparation for work, talk and pray with the family about the day's schedule.***

E. ***In the afternoon:***

1. ***Contact Lydia and minister to her by responding with a soft and gentle voice and only after carefully thinking about how to answer.***

2. ***Before leaving work for home, tell Lydia when I will arrive home for supper.***

F. ***At home after work:***

1. ***Develop ways to minister to Lydia and the children.***

2. ***Review the day's activities with Lydia and the children.***

3. ***For personal devotions, review the day's events and confess to the Lord sin not already confessed.***

NOTE: Words in larger script and **boldface** have been added by the disciple since the last meeting.

Mark's Worksheet 5: "Overcoming Temptations" Plan

*My plan not to repeat this sin and, instead, to respond biblically
at the time of temptation (II Timothy 2:22)*

Page 1 of 1

Type of situation in which I previously have been tempted and sinned:

During a disagreement with Lydia

Ways in which I sinned in this situation (as seen from the first column of Worksheet 3):

I yelled at Lydia, stomped away from her, and slammed the door in her face. I glared

at her, refused to talk to her, and made mocking, tearing down remarks toward her.

I also dwelt on bitter thoughts.

Righteous pattern to be established (as seen from the third column of Worksheet 3):

Kindness, tender-heartedness, forgiveness, quick to hear, slow to speak, slow to anger, words good for edification according to the need of the moment that they may give grace to those who hear, gentle words, patience, and pondering before answering

My plan to respond righteously the next time a similar temptation arises:

A. Deal with myself first. I will:

1. Immediately ask for God's help.

2. Repent and confess to God any sinful thoughts that I purposely held onto beyond the immediate temptation.

3. Review the biblical basis for hope in the situation:

a. Review Romans 8:28-29 and thank God for using this trial for my good.

b. Review I Corinthians 10:13 and thank God for giving me the strength to bear this temptation.

c. Review James 1:2-4 and thank God that this situation is an opportunity for further spiritual maturity.

d. Review Philippians 4:13 and remind myself that I can do all things through Christ Who gives me strength since my adequacy is from God and not from any natural inner strength.

e. Review Ezekiel 18:20 and thank God that it is not my responsibility to change Lydia, only to bless her.

4. **Thank God for the opportunity to serve Him and trust Him for wisdom and grace to deal victoriously with the present situation.**

B. Deal with Lydia:

1. **Listen to her attentively and ask questions to gain understanding.**

2. **Repeat back what she said to make sure I understand and that she knows I've listened to her.**

NOTE: Words in larger script and boldface have been added by the disciple since the last meeting.

Lydia's Worksheet 4: "Daily Practices" Plan

*My plan not to repeat this sin and, instead, to respond biblically
(James 1:22-25)*

Page 1 of 2

Sin pattern that I need to change (as seen from the second column of Worksheet 3):

Anger: *Wrath, clamor, malice, unwholesome words, harsh words, hot temper, evil speech, tale bearing (gossip), slander, and bitterness*

Righteous pattern to be established (as seen from the third column of Worksheet 3):

Kindness, tender-heartedness, forgiveness, quick to hear, slow to speak, slow to anger, words good for edification according to the need of the moment that they may give grace to those who hear, gentle words, patience, pondering before answering, and concealing a matter (keeping a secret)

My plan to live righteously:

A. When rising from bed:

1. *Thank the Lord for His grace, mercy, and comfort, and express my desire to please Him today.*
2. *Thank God for the privilege of ministering to Mark, and ask the Lord for guidance throughout the day.*
3. *Ask the Lord to reveal to me, as I go through the day, areas of my conduct that are sinful and in need of change, particularly on how to demonstrate love, instead of anger, toward Mark.*

B. During morning devotions:

1. *In my study of God's Word:*

- a. *Using a concordance, keep listing additional Scripture verses relating to kindness, tender-heartedness, forgiveness, quick to hear, slow to speak, slow to anger, edifying words that give grace to Mark according to the need of the moment, gentle words, patience, pondering before answering, and concealing a matter (keeping a secret). Concentrate especially on the verses that show me practical changes to make. Then, incorporate into this plan what I should apply to my life in relationship with Mark based on key verses.*

- b. *On the list of verses I have looked up, put an asterisk by the verses I should memorize.*

2. *In my prayer time:*

Lydia's Worksheet 4: "Daily Practices" Plan (Continued)

*My plan not to repeat this sin and, instead, to respond biblically
(James 1:22-25)*

Page 2 of 2

My plan to live righteously *(continued):*

a. *Pray about what I just studied and acknowledge my dependence upon the Lord for wisdom and strength to apply what I learned.*

b. *Pray about the items on my prayer list that relate to Mark.*

C. In my Scripture memory:

1. *Write down my Scripture memory verses on cards (from my list that relates to the problem).*

2. *From my list, memorize at least one new Scripture verse a week and daily review the verses I have already learned.*

3. *Carry the memory verse cards with me everywhere I go and review them often during the day, especially when I do not have responsibilities that fully occupy my mind.*

D. During breakfast, talk and pray with the family about the day's schedule.

E. In the afternoon:

1. **Minister to Mark by responding to him with a soft and gentle voice.**

2. **Prepare for my Bible study early so that it does not interfere with preparation of supper.**

3. **Develop ways to minister to the children.**

F. At home after supper:

1. **Develop ways to minister to Mark.**

2. **Review the day's activities with Mark and the children.**

3. **Participate in family devotions.**

4. **For personal devotions, review the day's events and confess to the Lord sin not already confessed.**

NOTE: Words in larger script and **boldface** have been added by the disciple since the last meeting.

Lydia's Worksheet 5: "Overcoming Temptations" Plan

*My plan not to repeat this sin and, instead, to respond biblically
at the time of temptation (II Timothy 2:22)*

Page 1 of 1

Type of situation in which I previously have been tempted and sinned:

During a disagreement with Mark

Ways in which I sinned in this situation (as seen from the first column of Worksheet 3):

*I threw down my pencil, stomped my feet, argued with Mark and called him names,
intentionally let his dinner burn, said words to my children that were demeaning toward
Mark, and dwelt on bitter thoughts.*

Righteous pattern to be established (as seen from the third column of Worksheet 3):

*Kindness, tender-heartedness, forgiveness, quick to hear, slow to speak, slow to anger,
words good for edification according to the need of the moment that they may give
grace to those who hear, gentle words, patience, pondering before answering, and
concealing a matter (keeping a secret)*

My plan to respond righteously the next time a similar temptation arises:

A. Deal with myself first. I will:

1. *Immediately ask for God's help.*
2. *Repent and confess to God any sinful thoughts that I purposely held onto beyond
the immediate temptation.*
3. *Review the biblical basis for hope in the situation:*
 - a. *Review Romans 8:28-29 and thank God for using this trial for my good.*
 - b. *Review I Corinthians 10:13 and thank God for giving me the strength to bear this temptation.*
 - c. *Review James 1:2-4 and thank God that this situation is an opportunity for
further spiritual maturity.*
 - d. *Review Philippians 4:13 and remind myself that I can do all things through
Christ Who gives me strength since my adequacy is from God and not from
any natural inner strength.*
 - e. *Review Ezekiel 18:20 and thank God that it is not my responsibility to change
Mark, only to bless him.*

**4. Thank God for the opportunity to serve Him and trust Him for
wisdom and grace to deal victoriously with the present situation.**

B. Deal with Mark:

1. **Listen to him attentively and ask questions to gain understanding.**
2. **Repeat back what he said to make sure I understand and that
he knows I've listened to him.**

NOTE: Words in larger script and **boldface** have been added by the disciple since the last meeting.

Mark's Worksheet 6b: My Plan for Asking Forgiveness

Person of whom I need to ask forgiveness:

Lydia

Offenses for which I need to ask forgiveness:

I yelled at Lydia, stomped away from her, slammed the door in her face. I glared
at her, refused to talk to her, and made mocking, tearing down remarks toward her.

Steps I will take and words I will use when asking forgiveness:

A. Restitution I need to make to the person offended:

Not applicable

B. Specific steps I will take to put off the old pattern of sin and put on the new righteous deeds (thoughts, speech, and actions):

Pray for Lydia every day, whenever she comes to mind, and when situations come
up that involve both of us. Instead of refusing to respond to her, I will: Listen
carefully to what Lydia says, ask questions to make sure I understand what she is
saying, respond with a soft and gentle voice and only after carefully thinking about
how to answer, and use only words that build Lydia up.

C. Words I will use when asking forgiveness:

"Lydia, I recognize that I have sinned against the Lord and you by yelling at you,
stomping away, and slamming the door in your face. I glared at you and refused
to talk to you for three days. I also sinned against you in my mocking and tearing
down remarks toward you. It is my intention never again to repeat this offense
against you. By God's grace I will change by putting into practice the plan for
change that I've been working on." (Show Lydia my plan from Paragraph B. above.)
"I would also appreciate your pointing out to me if I sin in this way again. I have
asked the Lord to forgive me, and I want you to know that I desire your forgiveness
as well. Will you please forgive me?"

Lydia's Worksheet 6b: My Plan for Asking Forgiveness

Person of whom I need to ask forgiveness:

Mark

Offenses for which I need to ask forgiveness:

*I threw down my pencil, stomped my feet, argued with Mark, called him names, **intentionally let his dinner burn**, said words to my children that were demeaning toward Mark.*

Steps I will take and words I will use when asking forgiveness:

A. Restitution I need to make to the person offended:

Not applicable

B. Specific steps I will take to put off the old pattern of sin and put on the new righteous deeds (thoughts, speech, and actions):

During breakfast and preparation for the day, talk and pray with the family about the day's schedule. I will listen carefully to what Mark says, ask questions to make sure I understand what he is saying, and respond with a soft and gentle voice and only after carefully thinking about how to answer. During evening devotions discuss next day's schedule with Mark.

C. Words I will use when asking forgiveness:

*"Mark, I recognize that I have sinned against the Lord and you by getting angry with you and demonstrating it by throwing down my pencil and stomping to the stove. I also argued with you, called you names, **and burned your dinner**. In addition, I said words to the children that were demeaning toward you. It is my intention never again to repeat this offense against you. By God's grace I will change by putting into practice the plan for change that I've been working on." (Show Mark my plan from Paragraph B. above.) "I would also appreciate your pointing out to me if I sin in this way again. I have asked the Lord to forgive me, and I want you to know that I desire your forgiveness as well. Will you please forgive me?"*

NOTE: Words in larger script and **boldface** have been added by the disciple since the last meeting.

WAYS TO BLESS MARK

1. *Search the Scriptures together with Mark before making decisions that involve the family. Seek agreement, but give preference to his opinions when biblical principles are not involved.*
2. *Ask Mark about his concerns at the office and pray every day for him.*
3. *Every time I criticize Mark, say at least three positive things about him.*
4. *When I am tempted to argue, listen carefully to Mark and concentrate on taking the log out of my own eye.*
5. *Have supper ready at 6:00 p.m. every day.*

Mark's Worksheet 4: "Daily Practices" Plan

My plan not to repeat this sin and, instead, to respond biblically

(James 1:22-25)

Page 1 of 3

Sin pattern that I need to change *(as seen from the second column of Worksheet 3):*

Anger: *Wrath, clamor, malice, unwholesome words, harsh words, hot temper, evil speech, and bitterness,*

Righteous pattern to be established *(as seen from the third column of Worksheet 3):*

Kindness, tender-heartedness, forgiveness, quick to hear, slow to speak, slow to anger, words good for edification according to the need of the moment that they may give grace to those who hear, gentle words, patience, and pondering before answering

My plan to live righteously:

A. When rising from bed:

1. *Thank the Lord for His grace, mercy, and comfort, and express my desire to please Him today.*

2. *Thank God for the privilege of ministering to Lydia, and ask the Lord for guidance throughout the day.*

3. *Ask the Lord to reveal to me, as I go through the day, areas of my conduct that are sinful and in need of change, particularly on how to demonstrate love, instead of anger, toward Lydia.*

B. During morning devotions:

1. *In my study of God's Word:*

a. *Using a concordance, keep listing additional Scripture verses relating to kindness, tender-heartedness, forgiveness, quick to hear, slow to speak, slow to anger, edifying words that give grace to Lydia according to the need of the moment, gentle words, patience, and pondering before answering. Concentrate especially on the verses that show me practical changes to make. Then, incorporate into this plan what I should apply to my life in relationship with Lydia based on key verses.*

b. *On the list of verses I have looked up, put an asterisk by the verses I should memorize.*

c. *Based on Romans 12:9-21, continue to make a list of ways to bless Lydia. Then, incorporate into this plan what I will apply to my life based on this list.*

Mark's Worksheet 4: "Daily Practices" Plan (Continued)

*My plan not to repeat this sin and, instead, to respond biblically
(James 1:22-25)*

Page 2 of 3

My plan to live righteously (*continued*):

d. Develop additional steps for putting on the full armor of God and incorporate them into this plan.

2. In my prayer time:

a. Pray about what I just studied and acknowledge my dependence upon the Lord for wisdom and strength to apply what I learned.

b. Pray about the items on my prayer list that relate to Lydia.

C. In my Scripture memory:

1. Write down my Scripture memory verses on cards (from my list that relates to the problem).

2. From my list, memorize at least one new Scripture verse a week and daily review the verses I have already learned.

3. Carry the memory verse cards with me everywhere I go and review them often during the day, especially when I do not have responsibilities that fully occupy my mind.

4. Recite my memory verses to Lydia every Sunday.

D. During breakfast and preparation for work, talk and pray with the family about:

1. What to be thankful for in the current situation,

2. What responsibilities and activities we have that day,

E. In the afternoon:

1. Contact Lydia and minister to her by:

a. Responding with a soft and gentle voice and only after carefully thinking about how to answer.

b. Listening carefully to what she says.

c. Asking questions to make sure I understand what she is saying.

d. Speaking only those things that give honor and respect to her.

2. Before leaving work for home, tell Lydia when I will arrive home for supper.

3. Honor Lydia and the Lord by giving testimony to my friends and co-workers about how God is working in my life regarding my relationship with Lydia.

NOTE: Words in larger script and **boldface** have been added by the disciple since the last meeting.

Mark's Worksheet 4: "Daily Practices" Plan (Continued)

*My plan not to repeat this sin and, instead, to respond biblically
(James 1:22-25)*

Page 3 of 3

My plan to live righteously *(continued):*

F. At home after work:

1. **Conduct family devotions based on my study of Pages 302-306 of the Self-Confrontation manual. Discuss and plan with the family any opportunities to minister to neighbors and in the church.**

2. *Develop ways to minister to Lydia and the children.*

3. *Review the day's activities with Lydia and the children.*

4. *For personal devotions, review the day's events and confess to the Lord sin not already confessed.*

5. *Discuss next day's schedule with Lydia.*

6. *Search the Scriptures together with Lydia before making decisions that involve the family. Seek agreement, but give preference to her suggestions when biblical principles are not involved.*

7. *Pray with Lydia.*

G. Weekly:

1. **On Sunday evening, review my schedule to insure that I am fulfilling my responsibilities to Lydia, the children, ministry opportunities, and work.**

2. **Attend the Self-Confrontation course with Lydia.**

3. **Conduct family meetings as necessary.**

NOTE: Words in larger script and **boldface** have been added by the disciple since the last meeting.

Mark's Worksheet 5: "Overcoming Temptations" Plan

*My plan not to repeat this sin and, instead, to respond biblically
at the time of temptation (II Timothy 2:22)*

Page 1 of 2

Type of situation in which I previously have been tempted and sinned:

During a disagreement with Lydia

Ways in which I sinned in this situation (as seen from the first column of Worksheet 3):

I yelled at Lydia, stomped away from her, slammed the door in her face. I glared at her, refused to talk to her, and made mocking, tearing down remarks toward her. I also dwelt on bitter thoughts.

Righteous pattern to be established (as seen from the third column of Worksheet 3):

Kindness, tender-heartedness, forgiveness, quick to hear, slow to speak, slow to anger, words good for edification according to the need of the moment that they may give grace to those who hear, gentle words, patience, and pondering before answering

My plan to respond righteously the next time a similar temptation arises:

A. Deal with myself first. I will:

1. Immediately ask for God's help.

2. Repent and confess to God any sinful thoughts that I purposely held onto beyond the immediate temptation.

3. Review the biblical basis for hope in the situation:

a. Review Romans 8:28-29 and thank God for using this trial for my good.

b. Review I Corinthians 10:13 and thank God for giving me the strength to bear this temptation.

c. Review James 1:2-4 and thank God that this situation is an opportunity for further spiritual maturity.

d. Review Philippians 4:13 and remind myself that I can do all things through Christ Who gives me strength since my adequacy is from God and not from any natural inner strength.

e. Review Ezekiel 18:20 and thank God that it is not my responsibility to change Lydia, only to bless her.

4. Thank God for:

a. The opportunity to serve Him and trust Him for wisdom and grace to deal victoriously with the present situation.

b. His forgiveness of me.

5. Review verses I have memorized that relate to anger and bitterness.

Mark's Worksheet 5: "Overcoming Temptations" Plan (Continued)

*My plan not to repeat this sin and, instead, to respond biblically
at the time of temptation (II Timothy 2:22)*

Page 2 of 2

My plan to respond righteously the next time a similar temptation arises (continued):

- a. Review James 1:19-20 and remind myself that my anger does not accomplish God's righteousness, and instead I should be quick to listen, slow to speak, and slow to become angry.
- b. Review Ephesians 4:31-32 and remind myself that I am to demonstrate kindness and compassion to Lydia and to forgive her just as God forgave me.
- c. Review I Peter 3:8-9 and remind myself that I am to return a blessing for insult and live in a harmonious, sympathetic, brotherly, kindhearted, and humble way.
- d. **Review Ephesians 4:29 and remind myself that I am only to speak what will build Lydia up according to her need in order to give her grace.**

B. Deal with Lydia:

1. Listen to her attentively and ask questions to gain understanding.
2. Repeat back what she said to make sure I understand and that she knows I've listened to her.
3. Prepare Worksheet 6b, and then, ask her forgiveness for any sins I committed against her during the incident.

Mark's Worksheet 6a: My Plan for Demonstrating Forgiveness

Name of person I need to forgive::

Lydia

Offenses I need to forgive:

Gossip, putting me down in front of others

Steps I will take:

A. Not to dwell on the offense suffered:

When temptations to dwell on Lydia's offense come, I will concentrate on how to
bless Lydia and how I can resolve the difficulties between us, rather than focus on
the differences.

B. Not to remind the forgiven person of his sin in an accusing manner:

If I must remind Lydia of a sin that I have forgiven, I will first take any log out of
my own eye, formulate how I can show her how to overcome the sinful pattern,
find out if she is open to my help, and then, lovingly and gently provide counsel.

C. Not to gossip to others about the offense suffered:

I will not speak to anyone else about Lydia's past sins. I will concentrate on only
saying building up things about her.

D. To remove all reminders of the offense that are stumbling blocks:

Not applicable

E. To restore fellowship with the forgiven person, as far as is biblically possible:

I will honor and respect Lydia. I will remove stumbling blocks from her by not yelling at her,
and not making mocking, tearing down remarks toward her. I will not glare at her, or refuse
to talk to her. I will come alongside and help her, and I will look for opportunities to bless her.

Mark's Worksheet 6b: My Plan for Asking Forgiveness

Person of whom I need to ask forgiveness:

Lydia

Offenses for which I need to ask forgiveness:

I yelled at Lydia, stomped away from her, slammed the door in her face. I glared at her, refused to talk to her, and made mocking, tearing down remarks toward her.

Steps I will take and words I will use when asking forgiveness:

A. Restitution I need to make to the person offended:

Not applicable

B. Specific steps I will take to put off the old pattern of sin and put on the new righteous deeds (thoughts, speech, and actions):

Pray for Lydia every day, whenever she comes to mind, and when situations come up that involve both of us. I will talk and pray with her about what to be thankful for in the current situation, and what responsibilities and activities we have each day. I will also search the Scriptures with her before making decisions that involve the family and seek agreement, but give preference to her suggestions when biblical principles are not involved. Instead of refusing to respond, I will: Listen carefully to what Lydia says, ask questions to make sure I understand what she is saying, respond with a soft and gentle voice and only after carefully thinking about how to answer, and use only words that build Lydia up and give her honor and respect. I will look for ways to be a blessing to her.

C. Words I will use when asking forgiveness:

"Lydia, I recognize that I have sinned against the Lord and you by yelling at you, stomping away, and slamming the door in your face. I glared at you and refused to talk to you for three days. I also sinned against you in my mocking and tearing down remarks toward you. It is my intention never again to repeat this offense against you. By God's grace I will change by putting into practice the plan for change that I've been working on." (Show Lydia my plan from Paragraph B. above.) "I would also appreciate your pointing out to me if I sin in this way again. I have asked the Lord to forgive me, and I want you to know that I desire your forgiveness as well. Will you please forgive me?"

Lydia's Worksheet 4: "Daily Practices" Plan

*My plan not to repeat this sin and, instead, to respond biblically
(James 1:22-25)*

Page 1 of 3

Sin pattern that I need to change (as seen from the second column of *Worksheet 3*):

Anger: *Wrath, clamor, malice, unwholesome words, harsh words, hot temper, evil speech, tale bearing (gossip), slander and bitterness*

Righteous pattern to be established (as seen from the third column of *Worksheet 3*):

Kindness, tender-heartedness, forgiveness, quick to hear, slow to speak, slow to anger, words good for edification according to the need of the moment that they may give grace to those who hear, gentle words, patience, pondering before answering, and concealing a matter (keeping a secret)

My plan to live righteously:

A. When rising from bed:

1. *Thank the Lord for His grace, mercy, and comfort, and express my desire to please Him today.*
2. *Thank God for the privilege of ministering to Mark, and ask the Lord for guidance throughout the day.*
3. *Ask the Lord to reveal to me, as I go through the day, areas of my conduct that are sinful and in need of change, particularly on how to demonstrate love, instead of anger, toward Mark.*

B. During morning devotions:

1. *In my study of God's Word:*
 - a. *Using a concordance, keep listing additional Scripture verses relating to kindness, tender-heartedness, forgiveness, quick to hear, slow to speak, slow to anger, edifying words that give grace to Mark according to the need of the moment, gentle words, patience, pondering before answering, and concealing a matter (keeping a secret). Concentrate especially on the verses that show me practical changes to make. Then, incorporate into this plan what I should apply to my life in relationship with Mark based on key verses.*
 - b. *On the list of verses I have looked up, put an asterisk by the verses I should memorize.*
 - c. *Based on Romans 12:9-21, continue to make a list of ways to bless Mark. Then, incorporate into this plan what I will apply to my life based on this list.*

Lydia's Worksheet 4: "Daily Practices" Plan (Continued)

*My plan not to repeat this sin and, instead, to respond biblically
(James 1:22-25)*

Page 2 of 3

My plan to live righteously (continued):

d. Develop additional steps for putting on the full armor of God and incorporate them into this worksheet.

2. In my prayer time:

a. Pray about what I just studied and acknowledge my dependence upon the Lord for wisdom and strength to apply what I learned.

b. Pray about the items on my prayer list that relate to Mark.

C. In my Scripture memory:

1. Write down my Scripture memory verses on cards (from my list that relates to the problem).

2. From my list, memorize at least one new Scripture verse a week and daily review the verses I have already learned.

3. Carry the memory verse cards with me everywhere I go and review them often during the day, especially when I do not have responsibilities that fully occupy my mind.

4. Recite my memory verses to Mark every Sunday.

D. During breakfast, talk and pray with the family about:

1. What to be thankful for in the current situation,

2. What responsibilities and activities we have that day.

E. In the afternoon:

1. Minister to Mark by:

a. Responding to him with a soft and gentle voice.

b. Listening carefully to what he says.

c. Asking questions to make sure I understand what he is saying.

d. Praying specifically about the prayer requests he has given me throughout the day.

e. Speaking only those things that give honor and respect to him.

2. Prepare for my Bible study early so that it does not interfere with preparation of supper.

3. Develop ways to minister to the children.

NOTE: Words in larger script and **boldface** have been added by the disciple since the last meeting.

Lydia's Worksheet 4: "Daily Practices" Plan (Continued)

*My plan not to repeat this sin and, instead, to respond biblically
(James 1:22-25)*

Page 3 of 3

My plan to live righteously (*continued*):

4. **Honor Mark and the Lord by giving testimony to my friends about how God is working in my life regarding my relationship with Mark.**

F. *In the evenings, prepare a good dinner for Mark to eat when he gets home.*

G. *At home after supper:*

1. *Develop ways to minister to Mark.*
2. *Review the day's activities with Mark and the children.*
3. *Participate in family devotions.*
4. *For personal devotions, review the day's events and confess to the Lord sin not already confessed.*
5. *Discuss next day's schedule with Mark.*
6. *Search the Scriptures together with Mark before making decisions that involve the family. Seek agreement, but give preference to his suggestions when biblical principles are not involved.*
7. *Pray with Mark.*

H. **Weekly:**

1. **On Sunday evening, review my schedule to insure that I am fulfilling my responsibilities to Mark, the children, and ministry opportunities.**
2. **Attend the Self-Confrontation course with Mark.**
3. **Participate in family meetings as necessary.**

NOTE: Words in larger script and **boldface** have been added by the disciple since the last meeting.

Lydia's Worksheet 5: "Overcoming Temptations" Plan

*My plan not to repeat this sin and, instead, to respond biblically
at the time of temptation (II Timothy 2:22)*

Page 1 of 2

Type of situation in which I previously have been tempted and sinned:

During a disagreement with Mark

Ways in which I sinned in this situation *(as seen from the first column of Worksheet 3):*

*I threw down my pencil, stomped my feet, argued with Mark, called him names,
intentionally let his dinner burn, said words to my children that were demeaning toward
Mark, and dwelt on bitter thoughts.*

Righteous pattern to be established *(as seen from the third column of Worksheet 3):*

*Kindness, tender-heartedness, forgiveness, quick to hear, slow to speak, slow to anger, words good
for edification according to the need of the moment that they may give grace to those who hear,
gentle words, patience, pondering before answering, and concealing a matter (keeping a secret)*

My plan to respond righteously the next time a similar temptation arises:

A. Deal with myself first. I will:

1. Immediately ask for God's help.

*2. Repent and confess to God any sinful thoughts that I purposely held onto beyond
the immediate temptation.*

3. Review the biblical basis for hope in the situation:

a. Review Romans 8:28-29 and thank God for using this trial for my good.

*b. Review I Corinthians 10:13 and thank God for giving me the strength to bear
this temptation.*

*c. Review James 1:2-4 and thank God that this situation is an opportunity for
further spiritual maturity.*

*d. Review Philippians 4:13 and remind myself that I can do all things through
Christ Who gives me strength since my adequacy is from God and not from
any natural inner strength.*

*e. Review Ezekiel 18:20 and thank God that it is not my responsibility to change
Mark, only to bless him.*

4. Thank God for:

*a. The opportunity to serve Him and trust Him for wisdom and grace to deal
victoriously with the present situation.*

b. His forgiveness of me.

5. Review verses I have memorized that relate to anger and bitterness.

Lydia's Worksheet 5: "Overcoming Temptations" Plan (Continued)

*My plan not to repeat this sin and, instead, to respond biblically
at the time of temptation (II Timothy 2:22)*

Page 2 of 2

My plan to respond righteously the next time a similar temptation arises *(continued):*

- a. Review Matthew 7:1, 5 and remind myself that I must judge myself and deal with my own sin before I can help Mark.
- b. Review James 1:19-20 and remind myself that my anger does not accomplish God's righteousness, and instead I should be quick to listen, slow to speak, and slow to become angry.
- c. Review Ephesians 4:31-32 and remind myself that I am to demonstrate kindness and compassion to Mark and to forgive him just as God forgave me.
- d. Review Romans 12:14 and remind myself to bless Mark by responding in a loving way and doing what is good for him according to God's Word.
- e. Review Ephesians 4:15 and remind myself that whenever I speak the truth to Mark it must be in love as described in I Corinthians 13:4-8a.

B. Deal with Mark:

1. Listen to him attentively and ask questions to gain understanding.
2. Repeat back what he said to make sure I understand and that he knows I've listened to him.
3. Prepare Worksheet 6b, and then, ask his forgiveness for any sins I committed against him during the incident.

Lydia's Worksheet 6a: My Plan for Demonstrating Forgiveness

Name of person I need to forgive::

Mark

Offenses I need to forgive:

Walking out the door and not talking to me for days

Steps I will take:

A. Not to dwell on the offense suffered:

When temptations to dwell on Mark's offense come, I will concentrate on how to bless Mark and how I can resolve the difficulties between us, rather than focus on the differences.

B. Not to remind the forgiven person of his sin in an accusing manner:

If I must remind Mark of a sin that I have forgiven, I will first take any log out of my own eye, formulate how I can show him how to overcome the sinful pattern, find out if he is open to my help, and then, lovingly and gently provide counsel.

C. Not to gossip to others about the offense suffered:

I will not speak to anyone else about Mark's past sins. I will concentrate on only saying building up things about him.

D. To remove all reminders of the offense that are stumbling blocks:

Not Applicable

E. To restore fellowship with the forgiven person, as far as is biblically possible:

I will honor and respect Mark. I will remove stumbling blocks from him by not arguing with him, calling him names, or saying words to my children that are demeaning toward Mark. I will come alongside and help him, and I will look for opportunities to bless him.

Lydia's Worksheet 6b: My Plan for Asking Forgiveness

Person of whom I need to ask forgiveness:

Mark

Offenses for which I need to ask forgiveness:

I threw down my pencil, stomped my feet, argued with Mark, called him names,
intentionally let his dinner burn, said words to my children that were demeaning toward
Mark, and dwelt on bitter thoughts.

Steps I will take and words I will use when asking forgiveness:

A. Restitution I need to make to the person offended:

Not applicable

B. Specific steps I will take to put off the old pattern of sin and put on the new righteous deeds (thoughts, speech, and actions):

During breakfast and preparation for the day, talk and pray with the family about
the day's schedule, what to be thankful for in the current situation, and what
responsibilities and activities we have each day. I will also search the Scriptures
with Mark before making decisions that involve the family and seek agreement,
but give preference to his suggestions when biblical principles are not involved.
I will listen carefully to what Mark says, ask questions to make sure I understand
what he is saying, and respond with a soft and gentle voice and only after carefully
thinking about how to answer. I will speak only those things that give honor and
respect to him. During evening devotions discuss next day's schedule with Mark
and look for ways to be a blessing to him.

C. Words I will use when asking forgiveness:

"Mark, I recognize that I have sinned against the Lord and you by getting angry
with you and demonstrating it by throwing down my pencil and stomping to the
stove. I also argued with you, called you names, and burned your dinner. In
addition, I said words to the children that were demeaning toward you. It is my
intention never again to repeat this offense against you. By God's grace I will
change by putting into practice the plan for change that I've been working on."
(Show Mark my plan.) "I would also appreciate your pointing out to me if I sin
in this way again. I have asked the Lord to forgive me, and I want you to know
that I desire your forgiveness as well. Will you please forgive me?"

DISCIPLER/COUNSELOR HELPS

Sample

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.

7. **MEDICAL NEEDS** — Biblical disciplers/counselors believe in considering your total health needs. If you require medical assistance, discipleship/counseling will continue at the same time, whenever possible.
8. **ELEMENTS OF BIBLICAL DISCIPLESHIP/COUNSELING** — Biblical disciplers/counselors will use their biblical training to help you overcome whatever problem is keeping you from experiencing the peace and joy that God has promised in His Word. Your disciplers/counselors will concentrate on four essential elements from Scripture:

Biblical understanding — You must apply biblical principles to all of your difficulties, not “fix your feelings” or change your circumstances. Your disciplers/counselors, in a spirit of gentleness, will make inquiry into the various levels of your problems and help you gain a biblical understanding of your difficulties (*based on Proverbs 18:13; Isaiah 55:8-9; Mark 7:20-23; Galatians 6:1-4; Hebrews 4:12; James 1:19, 22-25; 4:17*).

Biblical hope — In Jesus Christ you have a great High Priest who has been tempted in all things, yet without sin (*Hebrews 4:14-16*). Even though currently you may be going through a difficult test, God has promised that He will not allow any trial in your life that is beyond your endurance. He has promised to provide a way of escape from sin so that you may be able to endure the problem (*I Corinthians 10:13*). He will use every trial for your good as you respond to it in a biblical manner (*Romans 5:3-5; 8:28-29; James 1:2-4*).

Biblical change — In Christ, you can learn how to lay aside the old selfish ways of living and put on the new ways of living in a manner worthy of the Lord (*Romans 6:11-13; Ephesians 4:20-24*). In changing biblically, you will begin to please the Lord in all respects, bearing fruit in every good work and increasing in the knowledge of God (*Colossians 1:9-12*).

Biblical practice — It is vital that you are a doer of God’s Word and not merely a hearer who forgets what kind of person he is and deludes himself. Only in becoming an effectual doer of the Word will you be blessed in what you do, and only then will you please the Lord (*Hebrews 13:20-21; James 1:22-25; I John 3:22*).

In order to help you to become an effectual doer, we will be teaching you how to use the *Victory Over Failures Plan* booklet as a guide. This booklet provides step-by-step instructions on how to have complete and lasting victory in your life.

9. **WAITING PERIOD** — If a discipleship/counseling team is not immediately available to begin the regular process with you, we will meet with you as soon as possible on a one-time basis. During this meeting, your disciplers/counselors will provide a plan for you to follow while you are waiting for the regularly scheduled meetings. You may be encouraged to attend an ongoing Self-Confrontation course while you are awaiting discipleship/counseling; in this way, you can begin working immediately on solutions to overcome problems.

10. **LENGTH OF REGULAR MEETINGS** — Normally, the meetings will last one to one-and-a-half hours each week and will continue for approximately 12-14 weeks. Depending on the nature of the problem and on your response to the Word of God, the number of regular discipleship/counseling meetings may vary somewhat. If the disciplers/counselors do not observe definite change in the first few weeks, they will seek to identify the cause of the failure, discuss it with you, and help you to correct it.

After reading this paragraph, give counselee a copy of the Victory Over Failures Plan booklet and assign the following homework: “Read Pages 1-11 and write down any questions I have.”

11. **DISCIPLESHIP/COUNSELING APPOINTMENTS** — Because effective discipleship/counseling requires consistency and faithfulness in your applying God's principles, it is important that you reserve the designated time for the regular meetings, barring unforeseen circumstances (*based on Luke 14:27-30; 1 Timothy 4:7*).
12. **INVOLVEMENT WITH A LOCAL BODY OF BELIEVERS** — In order to achieve lasting victory over the problems of life, it is vital that each person become established in a consistent Christian walk. The Lord has provided other believers to help in this process (*Hebrews 3:13; 10:24-25*). Therefore, it is important that biblical discipleship/counseling meetings be accompanied by church activities that encourage discipleship, worship, and fellowship. If you do not have a church home, you are welcome to join us in our fellowship. If you are part of another church family, we ask you to seek the assistance of your church's leadership so that you may more fully receive the benefit of all the spiritual resources given to you by God. One of your pastors or other spiritual leaders may even become part of the discipleship/counseling team to provide the most effectual help for you. It is our commitment to do what will best help you walk in obedience to God's Word and thus to experience victory over your problems.
13. **MATERIALS NEEDED AND EXPECTATIONS** — You will need your Bible and writing supplies at all meetings, including the first. Be sure to bring them each time. Come with high expectations. You will receive hope and encouragement from the Scriptures even during your first meeting. From then on, as you respond God's way, you will find trustworthy and biblical answers for the difficulty that prompted you to ask for help.

ROLE-PLAY HELPS — FIRST MEETING WITH MARK AND LYDIA

TEAM PREPARATION

A. Questions to serve the team

1. What information did the counselees provide the team before the first meeting?

Answer: Completed **BASIC INFORMATION ABOUT THE PROBLEM** forms

2. What do the counselees say is their problem? [Refer to **MARK — BASIC INFORMATION ABOUT THE PROBLEM** (*this Syllabus*, Page S74) and **LYDIA — BASIC INFORMATION ABOUT THE PROBLEM** (*this Syllabus*, Page S78).]

Answer: Communicating with each other.

3. What information did the counselees receive before the first meeting?

Answer: The **BASIS FOR BIBLICAL DISCIPLESHIP/COUNSELING** document

4. What should be your attitude as you prepare to counsel? [Refer to **OVERVIEW OF THE BIBLICAL DISCIPLESHIP/COUNSELING PROCESS, I. B.** Prepare individually to help the one in need (*Handbook*, Pages H149).]

Answer:

- a. To minister in love as a servant of the Lord and others (*based on Philippians 1:6-11; 2:3-8; 1 Thessalonians 2:5-12; 1 Timothy 4:11-12*).
- b. To be faithful to plan and organize well so that I can minister effectively to those whom I disciple/counsel (*based on 1 Corinthians 14:40; 1 Peter 3:15*).

B. Questions to prepare a plan [Refer to **OVERVIEW OF THE BIBLICAL DISCIPLESHIP/COUNSELING PROCESS** (*Handbook*, Pages H149-154)]:

1. Where will you find topics for this meeting?

Answer: In the **EXPLANATION OF THE MASTER PLAN** (*Handbook*, Section II)

2. Which boxes of the **EXPLANATION OF THE MASTER PLAN** would you search to find the topics for this meeting?

Answer: Boxes 1-8.

3. Which topics from the **NOTES FOR BOX 2** apply to this situation?

Answer: Explain the **BASIS FOR BIBLICAL DISCIPLESHIP/COUNSELING**

4. Which assignments from the **NOTES FOR BOX 2** apply to this situation?

Answer:

- a. Read the **BASIS FOR BIBLICAL DISCIPLESHIP/COUNSELING** (*Handbook*, Pages H163-H166, BCF Form 3). Write down any questions that I have.
- b. Read *Victory Over Failures Plan* booklet, Pages 1-11. Write down any questions I have.

5. Which topics from the **NOTES FOR BOX 3** apply to this situation?

Answer:

- a. Gather information.
 - 1) Review the counselee's completed **BASIC INFORMATION ABOUT THE PROBLEM** form (*Handbook*, Page H157, BCF Form 1).
 - 2) Ask questions using the **DETAILED INFORMATION RELATED TO THE PROBLEM** form (*Handbook*, Pages H159-H162, BCF Form 2).
- b. Thoroughly check the individual's profession of faith.

6. Which assignments from the **NOTES FOR BOX 3** apply to this situation?

Answer: None

7. Which topics from the **NOTES FOR BOX 4** apply to this situation?

Answer: None.

8. Which assignments from the **NOTES FOR BOX 4** apply to this situation?

Answer: None

9. Which topics from the **NOTES FOR BOX 5** apply to this situation?

Answer: Help develop initial hope and recognition of personal sins. Explain that:

- a. God uses trials for the believer's good. He causes all things to work together for good to those who love God and are called according to His purpose (*based on Romans 8:28-29*).
- b. His major problem is failure to love (*Romans 8:28; Matthew 22:37-39*), and
- c. His need is to evaluate whether or not he is a loving person (*I Corinthians 13:4-8a*).

10. Which assignments from the **NOTES FOR BOX 5** apply to this situation?

Answer: Evaluate whether or not I have been a loving person using *I Corinthians 13:4-8a* as a guide (to help the disciple recognize sin in his life).

11. Which topics from the **NOTES FOR BOX 6** apply to this situation?

Answer: Present the plan of salvation using the *Victory Over Failures Plan* booklet, Page 8, Paragraph A. 2.

12. Which assignments from the **NOTES FOR BOX 6** apply to this situation?

Answer: None

13. Which topics from the **NOTES FOR BOX 7** apply to this situation?

Answer:

- a. Explain the need to repent (*Revelation 3:19*).
- b. Explain the need for commitment to please God in every area of life (*Colossians 1:10*).

14. Which assignments from the **NOTES FOR BOX 7** apply to this situation?

Answer: None

15. Which topics from the **NOTES FOR BOX 8** apply to this situation?

Answer:

- a. Explain the biblical basis for devotions using *Psalm 1:1-3* as your text.
- b. Show the need for Scripture memory using *Psalm 119:9-11* as your text.
- c. Show the need for fellowship in the local body of believers and involvement in ministry using *Hebrews 3:13; 10:24-25* as your text.

16. Which assignments from the **NOTES FOR BOX 8** apply to this situation?

Answer:

- a. Memorize the Scripture passage that will best help me in my present situation.
- b. Take notes of the message at the next worship service and write out how I will apply what the Lord convicts me to change in my life.
- c. Meet with my discipler/counselor for a midweek check on my homework.

17. What is the primary homework assignment you should teach the disciples during this meeting?

Answer: During devotions, evaluate whether or not I have been a loving spouse, using *I Corinthians 13:4-8a* as my guide.

18. What other homework assignments should the team assign?

Answer:

- a. Read the **BASIS FOR BIBLICAL DISCIPLESHIP/COUNSELING** (*Handbook*, Pages H163-H166, BCF Form 3). Write down any questions that I have.
- b. Read the *Victory Over Failures Plan* booklet, Pages 1-11 and write down any questions I have.
- c. Memorize the Scripture passage that will best help me in my present situation.
- d. Meet with my discipler/counselor for a midweek check on my homework.

19. What topics will you cover in this meeting and in what order? (Include the source for each topic.)

Answer:

1. Introductions
 2. Explain **BASIS FOR BIBLICAL DISCIPLESHIP/COUNSELING**, Introduce *Victory Over Failures Plan* — *II Timothy 3:16-17*. **Pray** (from **NOTES FOR BOX 2, IV. Suggested topics**).
 3. Gather information.
 - a. Review counselees' completed **BASIC INFORMATION ABOUT THE PROBLEM** forms (from **NOTES FOR BOX 3, IV. Suggested topics**).
 - b. Ask questions using **DETAILED INFORMATION RELATED TO THE PROBLEM** form. Thoroughly check profession of faith (from **NOTES FOR BOX 3, IV. Suggested topics**).
 4. Help develop initial hope and recognition of personal sins (from **NOTES FOR BOX 5, IV. Suggested topics**).
 - a. God uses trials for good — *Romans 8:28-29*.
 - b. If necessary, present the plan of salvation (see VOFB 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/she is a loving spouse — *I Corinthians 13:4-8a*.
 5. Explain biblical basis for devotions — *Psalms 1:1-3* (from **NOTES FOR BOX 8, IV. Suggested topics**).
 6. Show need for Scripture memory — *Psalms 119:9-11* (from **NOTES FOR BOX 8, IV. Suggested topics**).
 7. Confirm homework.
 8. Pray. Encourage each counselee to pray to commit himself or herself to do the Word this week as unto the Lord
20. What topics will you save for future meetings?

Answer:

- a. Explain need to repent — *Revelation 3:19* (from **NOTES FOR BOX 7, IV. Suggested topics**).
 - b. Explain need for commitment to please God — *Colossians 1:10* (from **NOTES FOR BOX 7, IV. Suggested topics**).
 - c. Show need for fellowship — *Hebrews 3:13; 10:24-25* (from **NOTES FOR BOX 8, IV. Suggested topics**).
21. When will the counselors meet to prepare for the meeting with Mark and Lydia?

Answer: 15 minutes before Mark and Lydia are scheduled to arrive

22. What is the purpose of the meeting?

Answer: To Pray for the counselees, review the plan for the meeting, confirm each team member's responsibilities, and make any necessary last minute adjustments.

DISCIPLESHIP/COUNSELING TOPIC 1.**Introductions****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 Mark and Lydia?

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

3. How should each person be introduced to Mark and Lydia?

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 Mark and Lydia?

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

5. Where should Mark and Lydia each be seated?

Answer: Mark should be seated next to the male counselor who will disciple him and Lydia should be seated next to female counselor who will disciple her.

DISCIPLESHIP/COUNSELING TOPIC 2.

Explain BASIS FOR BIBLICAL DISCIPLESHIP/COUNSELING — II Timothy 3:16-17, Introduce Victory Over Failures Plan. 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 Mark and Lydia?

Answer: See the **DISCIPLER/COUNSELOR MARK-UP OF THE BASIS FOR BIBLICAL DISCIPLESHIP/COUNSELING FORM, this Syllabus**, Pages S174-S176.

2. How do you explain to Mark and Lydia the reason for providing them 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 Mark and Lydia become familiar with the **BASIS** sheet?

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

4. Which portions of the **BASIS** form will you ask Mark and Lydia 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 S174-S176).

5. Who should read the various texts in the **BASIS** form?

Answer: Mark or Lydia

For what reasons?

Answer:

- a. To help them become familiar with the form,
 - b. To assure you that they are reading in the right place, and
 - c. To see if they understand what they are reading.
6. What are some reasons that Mark and Lydia should be the ones 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 them be attentive and learn.
 - b. To assure the team that Mark and Lydia are looking at the correct passage.
 - c. To alert the team to specific differences in wording used in the translation of Mark's and Lydia's Bibles.
 - d. To teach Mark and Lydia how to find verses in their own Bible.
7. What Scripture passage should Mark and Lydia 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 Mark and Lydia read Paragraph 4.?
- Answer:** To establish the biblical basis for prayer

10. How will you introduce the *Victory Over Failures Plan* booklet?

Answer:

- a. Ask Mark and Lydia to read **BASIS FOR BIBLICAL DISCIPLESHIP COUNSELING**, Paragraph 8.
 - b. Give Mark and Lydia each a copy of the *Victory Over Failures Plan: Guidelines and Worksheets* booklet.
 - c. Ask Mark and Lydia to look in the **VICTORY OVER FAILURES PLAN** booklet at the **TABLE OF CONTENTS**. Point out the major topics.
 - d. Tell Mark and Lydia that Pages 1-11 introduce the **VICTORY OVER FAILURES PLAN** and expand some of the principles presented in the **BASIS** form.
11. Just after you complete the explanation of Paragraph 8. on the **BASIS** form, what homework assignment should you ask Mark and Lydia to write down? [Refer to **BIBLICAL DISCIPLESHIP/COUNSELING RECORD (PLAN FOR FIRST MEETING WITH MARK AND LYDIA)**, *this Syllabus*, Page S82.]

Answer: "Read *Victory Over Failures Plan* booklet, pages 1-11. Write down any questions I have."

12. Just after you complete the explanation of the **BASIS** form, what homework assignment should you remind Mark and Lydia to write down? [Refer to **BIBLICAL DISCIPLESHIP/COUNSELING RECORD (PLAN FOR FIRST MEETING WITH MARK AND LYDIA)**, *this Syllabus*, Page S82.]

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

- B. **Sample transition statement:** "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 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 **MARK — BASIC INFORMATION ABOUT THE PROBLEM** and **LYDIA — BASIC INFORMATION ABOUT THE PROBLEM** *this Syllabus*, Pages S74, S78.)

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 Mark's and Lydia's descriptions of the problem?

Answer: Mark and Lydia no longer have their completed **BASIC INFORMATION** forms.

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 spouse 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 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 Mark and Lydia are 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 Mark's and Lydia's sinful deeds because dealing with their sins is the key to being reconciled with God and thus to victory.

6. What is the reason for writing the exact words that Mark and Lydia use to describe their sins?

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

Sample transition statement: "We studied your answers on the information form you filled out for us, and we have some questions."

B. Questions during the role-play:

1. How long should you allow unbiblical communication to continue?

Answer: Long enough to gain enough accurate information to recognize their patterns of sin and help them become sensitive to their sin.

2. How can you help Mark and Lydia each begin to focus on their own sin?

Answer: Ask for a specific example of a recent situation where they had communication problems, and then, direct their attention to their own deeds by asking questions like, "How did you respond?"

Sample transition statement: Describe a specific situation where you had a communication problem.

DISCIPLESHP/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 **MARK — BLANK DETAILED INFORMATION RELATED TO THE PROBLEM** and **LYDIA — BLANK DETAILED INFORMATION RELATED TO THE PROBLEM, this Syllabus**, Pages S75-S77, S79-S81.)

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

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

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

NOTE: The temptation of Mark and Lydia is to fix their circumstances, but what they need is to deepen their relationship with the Lord. Once their relationship with the Lord is established and they have begun taking the logs from their own eyes, they will be able to see clearly how to deal with each other.

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

DISCIPLESHP/COUNSELING TOPIC 4. HELP DEVELOP INITIAL HOPE AND RECOGNITION OF PERSONAL SINS.

DISCIPLESHP/COUNSELING TOPIC 4.a.

God uses trials for good — Romans 8:28-29.

A. Questions before the role-play:

1. In general, when explaining Scripture passages, what kind of questions should you ask Mark and Lydia? (Refer to **APPLYING SCRIPTURES IN DISCIPLESHP/COUNSELING, III. How to convey the Scriptures to disciples/counselees, Handbook**, Pages H127-H132.)

Answer: Questions like:

- a. "What does this passage say in your own words?"
- b. "How does this passage apply to your situation?"
- c. "Whether or not you understand this passage, do you believe it is true for you?"

2. What is the major point Mark and Lydia need to learn from *Romans 8:28-29*? (Refer to **NOTES FOR BOX 5, Handbook**, Pages H73-H74.)

Answer: That our hope is in the Lord and that He desires to do only what is good for His children.

3. What specific questions would you ask Mark and Lydia based on *Romans 8:28-29*? (Refer to **APPLYING SCRIPTURES IN DISCIPLESHIP/COUNSELING, III. How to convey the Scriptures to disciples/counselees, Handbook**, Pages H127-H132.)

Answer: Questions like:

- a. "To whom is this promise made?" — **Answer:** "Those who love God and are called"
 - b. "What does 'called' mean?" — **Answer:** "Saved"
 - c. "Are you called?"
 - d. "What is 'good' in verse 28, according to verse 29?" — **Answer:** "To be conformed to the likeness of His Son"
 - e. "What does it mean to be conformed to the image of the Son?" — **Answer:** "To act the way He would by displaying His love in every circumstance"
 - f. "In what circumstances does God work for good?" — **Answer:** "All"
 - g. "How is this situation for your good?" — **Answer:** "It is giving me opportunity to learn to love the way He does."
4. How are Mark and Lydia going to remember the passages that are covered in the meeting?

Answer: By writing the reference to each passage in their notebooks

NOTE: They need to be reminded often to write the passages in their notebooks.

- B. **Sample transition statement:** "Thank you for your answers to our questions; they are very helpful. Mark and Lydia, as difficult as your situation is, it could be a lot worse. You could be separated from your children, 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*."

DISCIPLESHIP/COUNSELING TOPIC 4.b.

If necessary, present the plan of salvation.

This topic is not applicable in discipling Mark and Lydia, since Mark and Lydia have already provided a solid profession of faith when you questioned them using the **DETAILED INFORMATION** questionnaire under Topic 3.b.

MARK – COMPLETED DETAILED INFORMATION RELATED TO THE PROBLEM

INFORMATION ABOUT SPIRITUAL LIFE

CHURCH NAME: 1st _____ Church

CHURCH ADDRESS: 518 _____ Road, _____ PASTOR'S NAME: Rev. _____

CHURCH ATTENDANCE: Frequency of attendance 4 Times per month

WHAT ARE YOU LEARNING THROUGH THE SERMONS/MESSAGES/BIBLE STUDIES AT YOUR CHURCH?

Not much. I don't have any incentive to read the Bible since Lydia seems to do my reading for me.

PLEASE LIST MINISTRY INVOLVEMENT: None

CHURCH ATTENDED IN CHILDHOOD: Protestant

HAVE YOU BEEN BAPTIZED? Yes ☒ No ☐ WHEN? _____

IF MARRIED, RELIGIOUS BACKGROUND OF SPOUSE: Protestant

(ONLY IF APPLICABLE) SPOUSE'S CHURCH ATTENDANCE:

Spouse's church name 1st _____ Church Frequency of attendance 10+ Times per month

DO YOU PRAY TO GOD? Never ☐ Occasionally ☒ Often ☐ How often? A few times a week.

WHAT DO YOU PRAY ABOUT? _____

HAVE YOU COME TO THE PLACE IN YOUR SPIRITUAL LIFE WHERE YOU KNOW WITH CERTAINTY THAT IF YOU WERE TO DIE TONIGHT YOU WOULD GO TO HEAVEN?

Yes ☒ No ☐ Uncertain ☐

IF YES, WHAT IS YOUR BASIS FOR ANSWERING THE ABOVE QUESTION AS YOU DID? _____

Accepted Jesus as my Savior 4 years ago.

HAVE YOU RECEIVED JESUS CHRIST PERSONALLY AS YOUR SAVIOR?

Yes ☒ No ☐ Uncertain ☐ Don't Know What You Mean ☐

IF YES, HOW DO YOU KNOW THAT JESUS CHRIST IS YOUR SAVIOR? Lydia and I went to an evangelistic

crusade 4 years ago, and we both received Jesus Christ as our Lord and Savior.

IF YOU HAVE RECEIVED CHRIST AS SAVIOR, WHAT CHANGES TOOK PLACE IN YOUR LIFE WHEN YOU BECAME A BELIEVER? Enjoyed reading the Bible and, went to church regularly, and actually

understood the sermons. I even got along better with Lydia for a while.

IF YOU HAVE RECEIVED CHRIST AS SAVIOR, HAVE YOU TOLD HOUSEHOLD/FAMILY MEMBERS

ABOUT RECEIVING JESUS AS SAVIOR? Yes ☒ No ☐

IF YES, WHOM HAVE YOU TOLD? Our children.

DO YOU READ THE BIBLE? Never ☐ Occasionally ☒ Often ☐ How often? _____

DO YOU HAVE PERSONAL DEVOTIONS? Never ☐ Occasionally ☒ Often ☐ How often? _____

DESCRIBE YOUR PERSONAL DEVOTIONS: Nowadays, because Lydia is always telling me what the

Bible says to me, I have gotten so irritated that I won't read the Bible when she is in the house.

DO YOU HAVE FAMILY DEVOTIONS? Never ☒ Occasionally ☐ Often ☐ How often? _____

DESCRIBE YOUR FAMILY DEVOTIONS: Lydia and I used to read the Bible together after dinner for

about 6 months after we were saved, but she kept preaching at me, so I stopped.

EXPLAIN ANY RECENT CHANGES IN YOUR SPIRITUAL LIFE: Was saved 4 years ago.

LYDIA – COMPLETED DETAILED INFORMATION RELATED TO THE PROBLEM

INFORMATION ABOUT SPIRITUAL LIFE

CHURCH NAME: 1st Church

CHURCH ADDRESS: 518 Road, PASTOR'S NAME: Rev.

CHURCH ATTENDANCE: Frequency of attendance 16-20 Times per month

WHAT ARE YOU LEARNING THROUGH THE SERMONS/MESSAGES/BIBLE STUDIES AT YOUR CHURCH?

I am learning a lot about the end times.

PLEASE LIST MINISTRY INVOLVEMENT: Women's Bible study leader, prayer ministry

CHURCH ATTENDED IN CHILDHOOD: Protestant

HAVE YOU BEEN BAPTIZED? Yes ☒ No ☐ WHEN? _____

IF MARRIED, RELIGIOUS BACKGROUND OF SPOUSE: Protestant

(ONLY IF APPLICABLE) SPOUSE'S CHURCH ATTENDANCE:

Spouse's church name 1st Church Frequency of attendance 4 Times per month

DO YOU PRAY TO GOD? Never ☐ Occasionally ☒ Often ☐ How often? Day and night

WHAT DO YOU PRAY ABOUT? About our problems with each other.

HAVE YOU COME TO THE PLACE IN YOUR SPIRITUAL LIFE WHERE YOU KNOW WITH CERTAINTY THAT IF YOU WERE TO DIE TONIGHT YOU WOULD GO TO HEAVEN?

Yes ☒ No ☐ Uncertain ☐

IF YES, WHAT IS YOUR BASIS FOR ANSWERING THE ABOVE QUESTION AS YOU DID? _____

I received Jesus as Lord and Savior, and have the Holy Spirit living within me.

HAVE YOU RECEIVED JESUS CHRIST PERSONALLY AS YOUR SAVIOR?

Yes ☒ No ☐ Uncertain ☐ Don't Know What You Mean ☐

IF YES, HOW DO YOU KNOW THAT JESUS CHRIST IS YOUR SAVIOR? Mark and I both received Christ as Savior at an evangelistic crusade 4 years ago.

IF YOU HAVE RECEIVED CHRIST AS SAVIOR, WHAT CHANGES TOOK PLACE IN YOUR LIFE WHEN YOU BECAME A BELIEVER? The Bible came alive to me. Mark and I started going to church and we even

got along better for a while. I got involved in ministry and began praying fervently throughout the day.

IF YOU HAVE RECEIVED CHRIST AS SAVIOR, HAVE YOU TOLD HOUSEHOLD/FAMILY MEMBERS ABOUT RECEIVING JESUS AS SAVIOR? Yes ☒ No ☐

IF YES, WHOM HAVE YOU TOLD? Our children.

DO YOU READ THE BIBLE? Never ☐ Occasionally ☐ Often ☒ How often? Daily

DO YOU HAVE PERSONAL DEVOTIONS? Never ☐ Occasionally ☐ Often ☒ How often? Daily

DESCRIBE YOUR PERSONAL DEVOTIONS: I have the most wonderful devotional times! I just wish Mark would listen to some of the things I want to tell him. He surely can use some of the truths I learn.

DO YOU HAVE FAMILY DEVOTIONS? Never ☒ Occasionally ☐ Often ☐ How often? _____

DESCRIBE YOUR FAMILY DEVOTIONS: Well, I want to have family devotions, but Mark just doesn't seem to be committed enough to try.

EXPLAIN ANY RECENT CHANGES IN YOUR SPIRITUAL LIFE: Was saved 4 years ago.