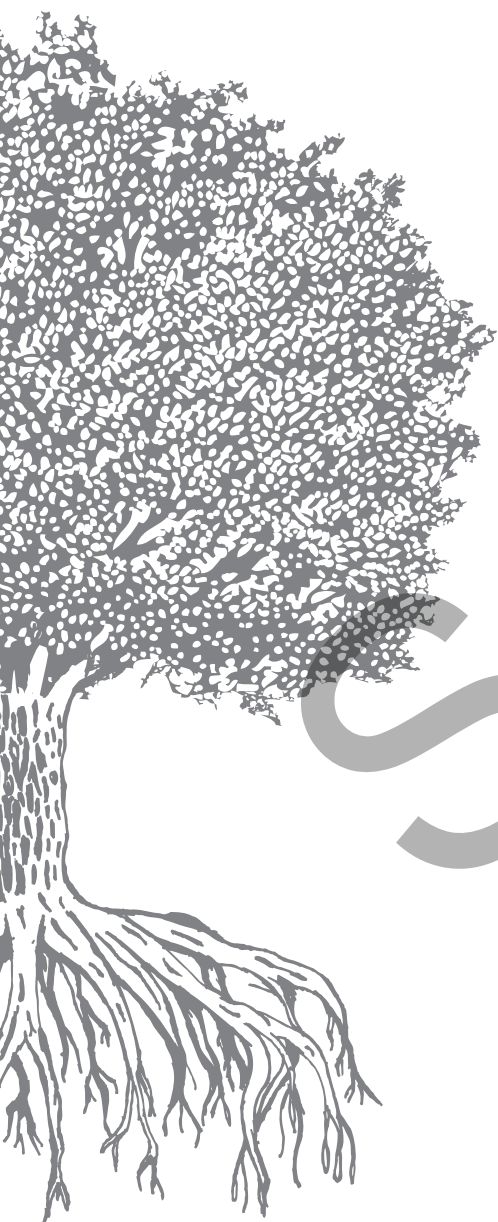


Handbook

for the ministry of Biblical discipleship/counseling

based on the Old and New Testaments
as the only authoritative source of faith and conduct



HANDBOOK

FOR THE MINISTRY OF BIBLICAL DISCIPLESHIP/ COUNSELING

This reference/teaching handbook in biblical discipleship/counseling is published by the Biblical Counseling Foundation, Inc., a non-profit, non-stock corporation founded in 1974 and incorporated in 1977 in the Commonwealth of Virginia, USA.

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TABLE OF CONTENTS

Preface	7
Introduction	9
Biblical Counseling Is In-Depth Discipleship	13
The Framework of Biblical Discipleship/Counseling	17

SECTION I: BIBLICAL PRINCIPLES FOR DISCIPLESHIP/ COUNSELING

Section I Introduction.....	22
Biblical Principles for Disciples/Counselees (From the <i>Self-Confrontation Manual</i>)	23
Biblical Principles for Disciplers/Counselors	43

SECTION II: MASTER PLAN FOR THE MINISTRY OF BIBLICAL DISCIPLESHIP/COUNSELING

Section II Introduction	52
How to Use the Master Plan and the Explanation of the Master Plan.....	53
Master Plan for the Ministry of Biblical Discipleship/Counseling	57
Explanation of the Master Plan.....	63

SECTION III: ESSENTIAL PRECEPTS FOR BIBLICAL DISCIPLESHIP/COUNSELING

Section III Introduction.....	106
Part 1: The Disciple/Counselee	
A Biblical Understanding of the Disciple/Counselee	109
Part 2: The Biblical Discipler/Counselor	
Your Responsibility as a Biblical Discipler/Counselor	113
Team Discipleship/Counseling	117
Biblical Hope and Authority for Disciplers/Counselors	121

Part 3: The Biblical Discipleship/Counseling Process

Applying Scriptures in Discipleship/Counseling	125
Understanding Problems Biblically	133
Biblical Hope for Disciples/Counselees.....	139
Structuring for Biblical Change	143
Assigning Biblical Homework.....	147
Overview of the Biblical Discipleship/Counseling Process	149

**SECTION IV:
RESOURCE HELPS AND FORMS
FOR BIBLICAL DISCIPLESHIP/
COUNSELING**

Section IV Introduction.....	156
Basic Information about the Problem (BCF Form 1).....	157
Detailed Information Related to the Problem (BCF Form 2).....	159
Basis for Biblical Discipleship/Counseling (BCF Form 3)	163
Biblical Discipleship/Counseling Record (BCF Form 4).....	167
Use of the Biblical Discipleship/Counseling Record (BCF Form 4a)	169
Biblical Discipleship/Counseling Report (BCF Form 5)	171
Summary of the Biblical Discipleship/Counseling Process (BCF Form 6).....	175
BCF Self-Study Bible Course in Biblical Discipleship/Counseling (BCF Form 7)	177
Telephone/Emergency Biblical Discipleship/Counseling Record (BCF Form 11).....	203
Checklist for	
Evaluating Biblical Discipleship/Counseling Meetings (BCF Form 13).....	205
Bible Study and Application Format (BCF Form 100)	211
Guidelines: Bible Study and Application Format (BCF Form 101).....	212
Victory Over Failures Plan: Guidelines and Worksheets (BCF Form 102)	213
Initiating Biblical Reconciliation	
(By Conducting a Family Meeting) (BCF Form 106).....	261
My Present Schedule (BCF Form 107)	265
My Proposed Biblical Schedule (BCF Form 108)	266
Biblical Practices for Facing, Dealing with, and	
Enduring Problems (BCF Form 111)	267
Standards of Conduct and Code of Ethics	
for Biblical Disciples/Counselors (BCF Form 208)	273
Statement of Faith for the Ministry of	
Biblical Discipleship/Counseling (BCF Form 210)	277

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 handbook 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, Steve Smith, and Lee Weeder. All of these individuals have given sacrificially of their time, talents, and energies without financial remuneration of any kind.

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

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

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

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

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

INTRODUCTION

The *Handbook for the Ministry of Biblical Discipleship/Counseling* has been developed to help the biblical discipler/counselor maintain his biblical focus in ministering to those with problems. It is a reference/teaching handbook for biblical disciplers/counselors and for all BCF training courses starting with Biblical Discipleship/Counseling Course II. Information is divided into four sections as follows:

I. SECTION I: BIBLICAL PRINCIPLES FOR DISCIPLESHIP/COUNSELING

This section consists of biblical principles for the focus and conduct of both the disciple/counselee and the 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.

II. SECTION II: MASTER PLAN FOR THE MINISTRY OF BIBLICAL DISCIPLESHIP/COUNSELING

This section contains essential helps for planning and evaluating the entire discipleship/counseling process with all individuals to whom you minister. The **MASTER PLAN FOR THE MINISTRY OF BIBLICAL DISCIPLESHIP/COUNSELING** is an outline of the procedure you can follow as you progress in your ministry with individuals. The **EXPLANATION OF THE MASTER PLAN** provides the detailed guidance you need to implement the biblical guidelines listed in the **MASTER PLAN**.

III. SECTION III: ESSENTIAL PRECEPTS FOR BIBLICAL DISCIPLESHIP/COUNSELING

This section contains essential scriptural teaching for all aspects of your ministry as a biblical discipler/counselor. It consists of three parts: **THE DISCIPLE/COUNSELEE**, **THE BIBLICAL DISCIPLER/COUNSELOR**, and **THE BIBLICAL DISCIPLESHIP/COUNSELING PROCESS**. Throughout the years you spend ministering to others, this section will provide a valuable reference for your own discipleship/counseling and for training others.

IV. SECTION IV: RESOURCE HELPS AND FORMS FOR BIBLICAL DISCIPLESHIP/COUNSELING

This section includes forms for discipleship/counseling, guidelines for completion of the forms, guidelines for completing homework assignments, guidance for how to carry out discipler/counselor training responsibilities and standards of conduct for biblical disciplers/counselors. In many informal discipleship/counseling situations, it will not be appropriate to use some of these forms; however, even then, the information on the forms provides valuable guidance for gathering information during your discipleship/counseling meeting.

An important item in Section IV is the **BCF SELF-STUDY BIBLE COURSE IN BIBLICAL DISCIPLESHIP/COUNSELING**. It is designed to acquaint the prospective discipler/counselor with principles and precepts from the Old and New Testaments that apply to dealing with problems and achieving maturity in Christ. The course consists of five major sections: 1) a study of twelve key scriptural doctrines that have direct application to biblical discipleship/counseling, 2) a study of 24 Old Testament characters from a biblical discipler/counselor's perspective, 3) a biblical discipleship/counseling perspective of poetic and prophetic books in the Old Testament, 4) a variety of discipleship/counseling topics, and 5) studies on the way that Jesus disciplined.

Sample

A SPECIAL NOTE ON THE SCRIPTURE REFERENCES FOUND IN THIS HANDBOOK

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

As in the *Self-Confrontation* manual, whenever you see italicized parentheses with Scripture references listed, the passages substantiate the principle or teaching directly. Whenever the Scripture reference is prefaced with the words "*based on,*" the principle or teaching is a clear inference or specific application of the passage, or the references must be studied together as a whole.

BIBLICAL COUNSELING IS IN-DEPTH DISCIPLESHIP

The disciples of Jesus Christ are to be His witnesses to the uttermost part of the earth and they also are to teach disciples of all nations to practice all that Jesus taught. These two missions are principal characteristics of biblical discipleship (*based on Matthew 28:19-20; Acts 1:8*). Because biblical counseling deals with every aspect of a person's life, it can be described as in-depth discipleship. It includes evangelizing, baptizing, teaching, admonishing, instructing, comforting, encouraging, restoring, strengthening, reproofing, rebuking, and exhorting others to follow a biblical pattern of life (*based on Matthew 28:19-20; Romans 15:14; II Corinthians 1:4; Galatians 6:1; I Thessalonians 3:2; II Timothy 4:2; Hebrews 3:13; 10:24*).

BIBLICAL DISCIPLESHIP IS GOD'S PLAN

We know from the Bible that God desires for all to come to Him — He does not desire for any to perish (*II Peter 3:9*). Furthermore, He has a plan and a method for reaching the world. His plan is to send His children to the uttermost part of the earth to be His witnesses (*Acts 1:8*). The Lord not only tells us what His plan is, but He also reveals to us His method for carrying out that plan.

In *Matthew 28:19-20* God describes His method for reaching the world is for His witnesses to make disciples. Note, in this passage, that there are two parts to making disciples: baptizing and training. Of course, only believers are to be baptized, so evangelism is included as part of making disciples. The second part of this "Great Commission" is to train believers to live victoriously. This is not only important for the believers' maturity, but it also enables them to fulfill their part in making other disciples.

The discipleship process must be so thorough that each disciple learns to teach others in the same way he was taught. God's plan is that every one of His children be involved in making disciples. God's plan is for each person being disciplined then responds to his training by discipling others. This multiplication process is to be continued until the whole world is won.

To illustrate the wisdom of God's plan for reaching the world, let us compare the difference between "increasing numbers by multiplying" and "increasing numbers by adding." Suppose that you were able to use radio, television, and the internet to present the Gospel to very large groups of people on an ongoing basis. And suppose that as you preached the Gospel, you were able to lead 100,000 people to Christ every day. By the end of one year over 36 million people (365 days in a year x 100,000 per day) would be added to the kingdom of Christ. (See the first two columns of the following chart.)

COMPARISON OF ADDING VERSUS MULTIPLYING

<u>Year</u>	<u>Adding 100,000 each day</u>	<u>Multiplying by 2 each year</u>
1	36.5 million	2
2	73 million	4
3	109.5 million	8
⋮	⋮	⋮
32	1.168 billion	4.3 billion
33	1.204 billion	8.6 billion*
⋮	⋮	⋮
181	6.6 billion	3×10^{45}

* The world's population is approximately 6.6 billion

In contrast, suppose that you concentrated on discipleship in the same way that Jesus disciplined. The Lord, while He was on this earth, concentrated His ministry on only a few disciples with the goal of training them in depth. He trained them so thoroughly that they were then able to repeat His example in reaching others. Now, suppose that you were privileged to lead someone to the Lord, and then, you concentrated primarily on discipling just that one person. And suppose that you spent an entire year discipling this new believer, so that by the end of the year, he was able, not only to lead another to the Lord, but was able to disciple the new convert in the same way he was disciplined.

For the first few years, the “increase by multiplying” plan seems to achieve extremely low results in comparison to the “increase by adding” plan. But by doubling the number of disciples each year it would take less than 33 years to reach the world of approximately 6.6 billion people. (See the third column of the chart.) In contrast, the method of adding to the church would reach only a little over a billion people in 33 years. Following this method would take a total of 181 years to reach the same number of people.

Of course, this comparison does not take into account the fact that some people choose not to be involved in discipleship, but it does illustrate dramatically the effectiveness of God's plan. The in-depth discipleship that Jesus taught, established, and practiced is the key to spreading the Gospel because it keeps the spiritual reproduction going from generation to generation.

God's method for spreading the Gospel is very powerful. You can see from this illustration why Jesus put such heavy emphasis on discipleship. Most of his time with the disciples was spent preparing them to overcome the hindrances to victorious living knowing that the key to reaching the world is by winning the lost through multiplication.

BIBLICAL COUNSELING IS IN-DEPTH DISCIPLESHIP

As we have already seen in *Matthew 28:19-20*, biblical discipleship is God's method. But biblical discipleship as described and demonstrated in the Scriptures is much broader and deeper than the “discipleship” that is often practiced today. Let's go back to *Matthew 28:20*. Jesus made it clear in this passage that making disciples includes teaching disciples to observe *all* that He taught. Notice the topics Jesus dealt with in the Sermon on the Mount (*Matthew 5 - 7*). In teaching the disciples, He talked much about the difficulties of life, such as anger, persecution, reconciliation, lustful temptations, retaliation, divorce, hatred, worry and hypocrisy. He was preparing His disciples to deal with and endure

the problems of life. So, the word “all” in *verse 20* indicates that biblical discipleship is thorough. Biblical discipleship includes all of what is often categorized as counseling since it deals with every aspect of a person’s life. It is in-depth discipleship.

Biblical discipleship, which includes restoration of those ensnared in problems, is the responsibility of all believers (*Romans 15:14; Galatians 6:1-2*). This ministry is not just for those who have “the gift of counseling.” When believers begin to deal with their own problems God’s way, He gives them the privilege and responsibility to restore others to His way (*based on Matthew 7:5; Galatians 6:1*).

In summary, biblical discipleship includes evangelism as the first step, basic follow-up of new believers as the second step, and finally restoration of those who are in the midst of difficulties. Jesus, our supreme example for how to disciple, concentrated most of His effort on training His twelve disciples to deal the difficulties of life. Yes, He taught the masses; however, His primary objective in teaching was to train His disciples so thoroughly that they would not only be victorious over all hindrances, but they, in turn, would prepare those they were training to continue the process of making disciples after He returned to heaven. Surely, we should learn from Him.

THE FRAMEWORK OF BIBLICAL DISCIPLESHIP/COUNSELING

Biblical discipleship/counseling is founded, not on the opinions of man, but on the unchanging Word of God and is rooted in God's dealings with man (*based on Job 12:13; Psalm 33:11; 73:24; Isaiah 9:6; 11:2; 28:29; 55:8-11; John 14:16, 26; 16:7-13*). It is critically important for the biblical counselor to understand clearly what he is called to do and how he is to counsel others.

THE FOUNDATION OF BIBLICAL DISCIPLESHIP/COUNSELING

Biblical discipleship/counseling is dramatically different from all of man's philosophies about life (*based on Isaiah 55:8-11*) because it relies solely on the Scriptures as the authoritative hope, structure, and guide for living, and God's grace and power. Biblical discipleship/counseling reflects the absolute nature of God's authoritative Word. Therefore, it is characterized by an absolute (non-negotiable and unchanging) set of standards governing behavior and relationships. Right and wrong are clearly defined according to God's decrees, not according to man's fluctuating situational ethics. Consequently, biblical discipleship/counseling focuses on pleasing God and loving others — not on pleasing or exalting self.

Biblical discipleship/counseling is not a new concept; it is as old as man's problems, which began with Adam. All three persons of the Trinity are involved. In *Psalm 73:24*, God, the Father, is the counselor; in *Isaiah 9:6*, Jesus Christ is named the Wonderful Counselor; and in *John 14:16, 26; 16:7-13*, the Holy Spirit is identified as the Comforter and Guide.

Throughout the Old Testament, God counseled those in need by giving constant instruction, guidance, and supervision as man's creator and supreme judge. God Himself directly counseled Adam, both before and after the fall (*based on Genesis 2:15-25; 3:8-24*), Cain (*based on Genesis 4:3-15*), and many others. He also counseled people through His prophets and the judges. During the four thousand years covered by the Old Testament, He instituted the discipleship/counseling relationship in every area of life, individually and collectively.

In the book of Proverbs, God clearly identifies the importance of counseling and the responsibility of the counselor:

*A wise man will hear and increase in learning,
And a man of understanding will acquire wise counsel
(Proverbs 1:5).*

*Where there is no guidance, the people fall,
But in abundance of counselors there is victory
(Proverbs 11:14).*

*The way of a fool is right in his own eyes,
But a wise man is he who listens to counsel
(Proverbs 12:15).*

*Without consultation, plans are frustrated,
But with many counselors they succeed
(Proverbs 15:22).*

*Listen to counsel and accept discipline,
That you may be wise the rest of your days
(Proverbs 19:20).*

*Oil and perfume make the heart glad,
So a man's counsel is sweet to his friend
(Proverbs 27:9).*

God also clearly predicts the results of the refusal or acceptance of His counsel:

*Because I called, and you refused;
I stretched out my hand, and no one paid attention;
And you neglected all my counsel,
And did not want my reproof;
I will even laugh at your calamity;
I will mock when your dread comes,
When your dread comes like a storm,
And your calamity comes on like a whirlwind,
When distress and anguish come on you.
Then they will call on me, but I will not answer;
They will seek me diligently, but they shall not find me,
Because they hated knowledge,
And did not choose the fear of the Lord.
They would not accept my counsel,
They spurned all my reproof.
So they shall eat of the fruit of their own way,
And be satiated with their own devices.
For the waywardness of the naive shall kill them,
And the complacency of fools shall destroy them.
But he who listens to me shall live securely,
And shall be at ease from the dread of evil
(Proverbs 1:24-33).*

The New Testament, from Matthew through Revelation, is filled with discipleship/counseling standards, precepts, and illustrations, as well as direct guidance and admonitions. Every position of leadership in the church of the Lord Jesus Christ carries with it the responsibility of spiritual oversight of believers, which includes training all believers to do the work of service for the building up of the body of Christ (*based on Ephesians 4:11-13*). This responsibility of training includes the ministry of discipleship/counseling as identified and practiced in the Scripture (*based on Matthew 28:19-20; Galatians 6:1-5; Romans 15:14; II Timothy 2:2*). It is essential for ministry leaders to train up believers to disciple/counsel biblically.

The church must re-assume the God-given responsibility for restoring individuals and helping them to minister as maturing and working parts of the body of Christ (*based on Galatians 6:1-2; Ephesians 4:12-16*). If believers apply any less than the authoritative scriptural principles to the problems of individuals, they cannot be assured that their counsel will lead to lasting biblical change (*based on Isaiah 55:8-11; II Timothy 3:16-17; Hebrews 4:12*). Man's attempts at formulating counseling theories and psychotherapies do not even begin to compare with the authority, the wisdom, and the power of God's counsel, and further, are doomed to disorder and confusion (*based on Romans 1:21-25; I Corinthians 1:20-21; II Timothy 3:1-9, 13; 4:1-5*).

The danger of seeking and offering the world's counsel is graphically illustrated in *Isaiah 30:1-15*. God declares:

In *verse 1*, woe to those who execute plans that are not His;

In *verses 9-10*, that those seeking instruction from sources other than the Lord are rebellious, seeking pleasant words;

In *verses 2-5*, that the result will be shame when the people turn for help to Egypt which was considered then the center of the world's wisdom;

In *verse 7*, that help from Egypt is vain and of no profit; and

In *verses 12-14*, that the consequences of rejecting God's counsel are calamitous.

THE FRAMEWORK OF BIBLICAL DISCIPLESHIP/COUNSELING

What is a biblical description of both the disciple/counselee and the discipler/counselor? What is the discipler/counselor's mission and purpose as identified from Scripture?

A scriptural study of first-century biblical discipleship/counseling reveals problems as more than a manifestation of secular or humanistic struggles. Conflict in the Christian life is not against flesh and blood, but against the rulers, against the powers, against the world forces of darkness, against the spiritual forces of wickedness in heavenly places (*based on Ephesians 6:12*). Therefore, those who are entrapped, oppressed, and defeated must learn how to put on the full armor of God (*based on Romans 13:12; Ephesians 6:10-13; I Thessalonians 5:8*), that each one may be able to stand firm against the schemes and temptations of our adversary, the enemy of our salvation (*based on Ephesians 6:12-13*).

The global setting of this conflict may be illustrated, at least partially, by the drama that takes place in a courtroom. In this manner we may better understand the position of the disciple/counselee and of the biblical discipler/counselor. The following describes the relationship of conflicts to the Lord, the biblical discipler/counselor, the disciple/counselee, and biblical discipleship/counseling.

The Supreme Judge, Chief Advocate, and Chief Witness — The Lord acts in all three of these capacities. He is the righteous Judge of all things (*Psalms 7:9-11; 96:13; II Timothy 4:8; Hebrews 12:23*). No one is hidden from His sight and all things are open and laid bare to His eyes (*Hebrews 4:13*). He has established His throne to execute judgment in righteousness (*Psalms 9:7-8*). He will bring every act to judgment, everything which is hidden, whether it is good or evil (*Ecclesiastes 12:14*). God has fixed a day of judgment through Jesus, whom He appointed, having furnished proof to all men by raising Him from the dead (*Acts 17:31*). Each person living or dead shall be judged and held accountable at the day of judgment for every careless word spoken and every deed performed (*based on Matthew 12:36-37; II Corinthians 5:10; I Peter 4:5; Revelation 20:12*).

The Lord Jesus Christ is the Chief Advocate (*I John 2:1-2*), who died for the accused (mankind) and paid the price for his sin, his guilt, and his redemption (*Romans 3:23-25*). He is the one who intercedes continually for the accused (*Romans 8:34; Hebrews 7:25; I John 2:1-2*) and who sits at the right hand of the throne of God (*Luke 22:69; Acts 7:55-56; Romans 8:34; Ephesians 1:20; Colossians 3:1; I Peter 3:22*). All authorities and powers have been subjected to Jesus (*based on I Corinthians 15:27; Ephesians 1:22; I Peter 3:22*). He is the one, the only hope of the accused that he may live (*based on I Timothy 2:5; Hebrews 2:14-15*).

The Holy Spirit of God is the unimpeachable witness and guide to all that is true and right (*based on John 16:13; I John 5:6-7*). He convicts all men of sin and righteousness and judgment (*based on John 16:7-8*). He also teaches believers all things (*based on John 14:26; 15:26; I John 2:27*).

The Basis of Judgment — The law, the testimony, the precepts, and the judgments of the Lord are intended for teaching, for reproof, for correction and for training and are collectively called the Word of God (*based on Psalm 19:7-9; II Timothy 3:16-17*). It is sharper than any two-edged sword and is able to judge the thoughts and intentions of the heart (*Hebrews 4:12-13*). God's law and the examples given in His Word are consistent throughout the Bible and have been written for our instruction (*based on Romans 15:4; I Corinthians 10:5-11; Hebrews 11:4-40*) that we may know the peace and freedom that comes through obedience (*based on John 8:30-32; 16:33*).

The Accuser and the Adversary — The adversary, the accuser, the enemy is Satan (*based on Job 1:6-12; 2:1-7; Zechariah 3:1; Revelation 12:10*). He is hostile to God and everything good. His objective is to deceive all mankind (*based on Revelation 12:9*). He is the adversary of the disciple/counselee and the discipler/counselor and as a roaring lion is seeking to devour and destroy them (*based on I Peter 5:8*). He is a murderer and a liar, and the truth is not in him (*John 8:44*). Disguised as an angel of light, he seeks to deceive all individuals by his craftiness and lead their minds astray from the simplicity and purity of devotion to Christ (*based on II Corinthians 11:3, 14*).

Further, let us investigate Scripture's view of the disciple/counselee:

The Accused — The disciple/counselee is heavily burdened normally by his problems; otherwise, he would not have come for help.

If the one seeking help is an unbeliever, he is enmeshed in his own fleshly desires (*Romans 8:5-8*) and entrapped by the snares and temptations of the accuser and adversary (*based on II Timothy 2:26*). He needs to have his eyes opened (*I Corinthians 2:14; II Corinthians 3:14-16; 4:3-4*) so that he may turn from darkness to light and from the dominion of Satan to God (*based on Acts 26:18*).

If the one seeking help is a believer, he needs to know the hope of His calling and the riches of His inheritance (*based on Ephesians 1:18*). The accused needs to be cleansed from his unrighteousness (*based on Psalm 51:2; I John 1:9*), and to be restored to the joy of God's salvation (*based on Psalm 51:8-12*).

As a believer does those things that are pleasing to the Lord, he becomes an effectual doer of the Word, and he will be blessed in what he does (*James 1:22-25*). By being sober and alert, firm in the faith, and resisting the accuser, the disciple/counselee will see God perfect, confirm, strengthen and establish him (*I Peter 5:8-10*).

In light of all the above, what is the responsibility of the biblical discipler/counselor?

The Biblical Discipler/Counselor — As the Lord's bondservant, the discipler/counselor is to teach patiently and correct gently those who are in opposition in the hope that God will grant them repentance leading to a knowledge of the truth, and that they may come to their senses and escape from the snare of the devil (*II Timothy 2:24-26*). If the accused is a Christian, the biblical discipler/counselor is to be God's instrument to restore the accused (*based on Galatians 6:1-2, 5*) so that he will focus on pleasing God in every aspect of his life (*based on Colossians 1:10; 3:17, 23-24*).

This is the framework of biblical discipleship/counseling. Only the Holy Spirit can provide the wisdom and power to live victoriously in the way He has designed us to live. This training is not a blend of theology and psychology; rather, it is a return to a straightforward recognition that the Bible, God's Word, is the only fully adequate and complete authority for discipleship/counseling. Rejecting it brings serious consequences (*based on Proverbs 1:22-33*). Accepting and following its guidance and admonitions brings the rewards of peace and joy in spite of all trials and tests.

SECTION I

*BIBLICAL PRINCIPLES
FOR DISCIPLESHIP/COUNSELING*

SECTION I

BIBLICAL PRINCIPLES FOR DISCIPLESHIP/COUNSELING

INTRODUCTION

As a biblical discipler/counselor you are to study and apply God's Word as the only standard, hope, and authority for helping others face, deal with, and endure all of life's problems. It is therefore necessary for you to investigate all the biblical principles and precepts that apply to disciples/counselees' circumstances, so that you may help them become established in a Christlike pattern of life.

This section 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/counselees. 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.

**BIBLICAL PRINCIPLES
FOR DISCIPLES/COUNSELEES
(FROM THE SELF-CONFRONTATION MANUAL)**

**YOU CAN CHANGE BIBLICALLY
(PART ONE)**

(Lesson 1)

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

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

**YOU CAN CHANGE BIBLICALLY
(PART TWO)**

(Lesson 2)

You are to establish a biblical pattern of life.

(Principle 2) You are to be rooted, built up, and established in the Lord Jesus Christ and are not to be conformed to the world (*Romans 12:1-2; Colossians 2:6-10*). You must practice God's Word to grow into maturity (*Matthew 7:24-27; II Timothy 3:16-17; Hebrews 5:12-14; James 1:22-25; I Peter 2:2; II Peter 1:4-11; I John 2:5*).

You are to prepare yourself to help others.

(Principle 3) Practicing God's Word begins with judging yourself and removing sinful obstructions from your own life (*Matthew 7:1-5; I Corinthians 11:28-31; Hebrews 12:1*). Then, you have the privilege and responsibility of restoring others to victorious living (*Matthew 7:5; Romans 15:14; II Corinthians 1:3-4; Galatians 6:1-5*).

SECTION II

*MASTER PLAN
FOR THE MINISTRY OF
BIBLICAL DISCIPLESHIP/COUNSELING*

SECTION II

MASTER PLAN FOR THE MINISTRY OF BIBLICAL DISCIPLESHIP/COUNSELING

INTRODUCTION

This section contains essential helps for planning and evaluating the entire discipleship/counseling process with all individuals to whom you minister. The **MASTER PLAN FOR THE MINISTRY OF BIBLICAL DISCIPLESHIP/COUNSELING** is an outline of the procedure you can follow as you progress in your ministry with individuals. The **EXPLANATION OF THE MASTER PLAN** provides the detailed guidance you need to implement the biblical guidelines listed in the **MASTER PLAN**.

Before you examine these helps for the first time, be sure that you read **HOW TO USE THE MASTER PLAN AND THE EXPLANATION OF THE MASTER PLAN**.

HOW TO USE THE MASTER PLAN AND THE EXPLANATION OF THE MASTER PLAN

The **MASTER PLAN** and the **EXPLANATION OF THE MASTER PLAN** are designed to help you plan and conduct biblical discipleship/counseling so that you not only know how to help someone face, deal with, and endure the tests and trials of life but also so that you can help him progressively mature in Jesus Christ.

I. Purposes of the **MASTER PLAN** and the **EXPLANATION OF THE MASTER PLAN**

- A. The **MASTER PLAN** and the **EXPLANATION OF THE MASTER PLAN** have been prepared to assist the biblical discipler/counselor in evaluating problems according to biblical principles and constructing a personal but completely biblical plan that will lead to peace and joy in spite of all circumstances, conditions, or responses of others. The **MASTER PLAN** and its explanation cover major hindrances to spiritual growth, and when used in conjunction with the *Self-Confrontation* manual, supply the key biblical procedures contained in God's Word to help individuals face, deal with, and endure problems, be overcomers, and enjoy abundant life in Christ Jesus.
- B. Specifically, the **MASTER PLAN** and the **EXPLANATION OF THE MASTER PLAN** are designed to:
 - 1. Increase your effectiveness in applying the Scriptures when discipling/counseling others.
 - 2. Provide you with guidance in investigating, identifying, facing, dealing with, and enduring situations and problems in light of God's Word. Whether the problem is simple or complicated, you can utilize these tools to evaluate how the disciple thinks, speaks, and acts. The perceived problems (e.g., fear, depression, worry, anxiety, marital problems, anger, substance abuse) are usually only symptoms of deeper spiritual problems. You, as a biblical discipler/counselor, must examine all information with a view to discerning the problem biblically.
 - 3. Direct you to specific biblical principles that encourage continuing spiritual growth as you begin to become a doer of the Word. In using the **MASTER PLAN** and its explanation, you will learn systematically how to help disciples/counselees to deal with problems and become more effective doers of the Word.
 - 4. Assist you in identifying specific failures, either on your part or on the part of the disciple, in dealing with aspects of life related to the problem, and in formulating specific plans for change.
- C. The **MASTER PLAN** and the **EXPLANATION OF THE MASTER PLAN** have been developed to serve as guides for discipleship/counseling. They are meant to be used systematically, not rigidly or legalistically. You should not assume that every item on the chart must be dealt with in the sequence given.

Under the Holy Spirit's sovereign direction, you must deal with problems according to the demands of each situation.

II. Overview of the MASTER PLAN

- A. The **MASTER PLAN** consists of three pages that describe specific areas of progressive spiritual growth in the life of a disciple of Christ, especially in relationship to facing, dealing with, and enduring problems. Each successive page reflects increasing depth in faith and practice. The three pages are entitled and described as follows:

1. **The Foundation for Biblical Discipleship/Counseling**

The first page of the **MASTER PLAN**, containing Boxes 1-8, focuses on establishing a basic foundation for facing, dealing with, and enduring all problems while growing as a disciple of the Lord Jesus Christ. Primary emphasis is on:

- a. Gathering information that will provide a biblical understanding of the problems,
- b. Developing initial hope and recognition of personal sins, and
- c. Dealing with the disciple/counselee's relationship with the Lord.

2. **Biblical Reconciliation with God and Man**

The second page of the **MASTER PLAN**, containing Boxes 9-14, describes how to establish a biblical structure for change. The primary tool, the **VICTORY OVER FAILURES PLAN**, is a biblically based tool that can help the disciple/counselee apply God's Word in the power of the Holy Spirit, so that he may overcome any difficulty of life with the full expectation of complete and lasting victory. It explains the specific steps necessary to develop biblical plans for living God's way beginning with helping the disciple/counselee to identify a problem area in his life to work on. Part of the process involves putting off the old manner of life and putting on new, righteous practices in their place (*Ephesians 4:22-24*). The **VICTORY OVER FAILURES PLAN** describes how to do that in very practical ways and gives the disciple/counselee a format he can follow. Very important steps of change on this page are to forgive others, reconcile relationships, and respond biblically in the current situation.

3. **The Maturing Disciple of Jesus Christ**

The third page of the **MASTER PLAN**, containing Boxes 15-18, provides guidelines for practicing the plans established previously and persevering daily as a faithful servant of God. It describes the believer who is reordering his entire life to conform to what God commands and is beginning to minister to others, thus fulfilling the Great Commission to make disciples. From this point on, most of the counsel will be to prepare the disciple/counselee for continuing his growth in discipleship after the structured discipleship/counseling phase ends.

- B. The italicized references within the boxes cite biblical principles found in Section I of this *Handbook*. All references outside the boxes cite lessons, supplements, or sections in either the *Self-Confrontation* manual or this *Handbook*. These references are not meant to be exhaustive. They are key references that you should review to help you minister to others.

III. Overview of the EXPLANATION OF THE MASTER PLAN

- A. For each box in the **MASTER PLAN**, the **EXPLANATION OF THE MASTER PLAN** provides a commentary, essential discipleship/counseling Scriptures, cross references, suggested topics for discipleship/counseling meetings, and suggested homework assignments.
1. ***Biblical focus and guidelines:*** This portion expands on the narrative in the box. It includes explanations, warnings, suggestions, and insights.
 2. ***Essential Scriptures:*** Only a few key verses are noted here; you may refer to a concordance, the *Self-Confrontation* manual, and other parts of this volume for more Scriptures.
 3. ***Cross references:*** These are references to the other boxes in the **MASTER PLAN** that are related to the subject.
 4. ***Suggested topics for discipleship/counseling meetings:*** Included here are examples of topics that you may desire to use when you meet with the counselee. Choose only the topics or portions of topics that will be useful. The first topic listed is typically related to the relevant biblical principles. This is a reminder of the importance of the Scriptures as your basis for discipleship/counseling. Note that some of the suggested topics are directly related to the homework assignments listed in the next section.
 5. ***Key homework assignments:*** The homework assignments listed are not meant to be exhaustive, but are key to helping disciples develop biblical change in their lives. If you choose to use other sources for homework assignments, make sure that they are thoroughly biblical. Explain fully how to complete the assignment and cover necessary details as one of your topics. The first homework assignment is usually a Scripture memory passage.

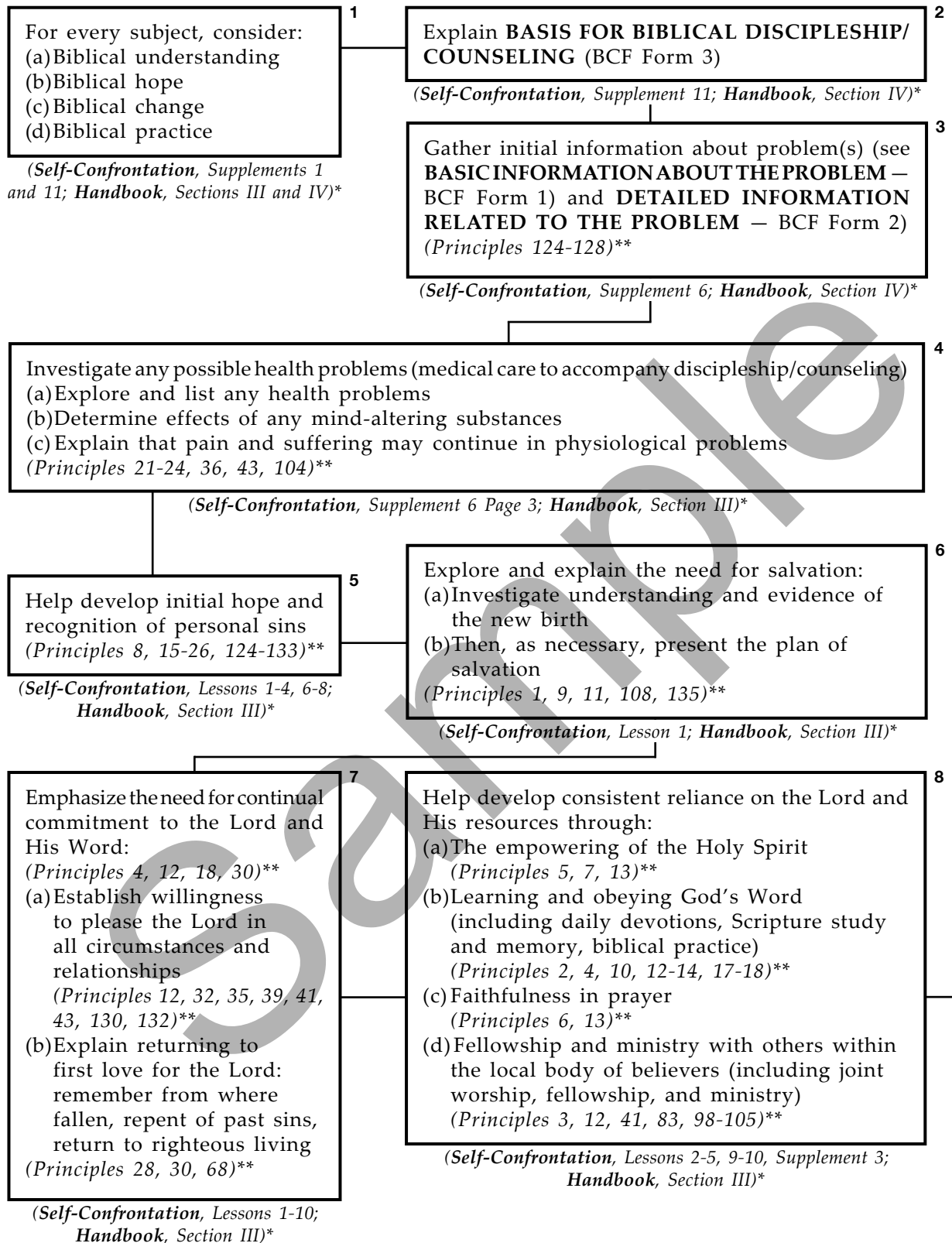
**MASTER PLAN
FOR THE MINISTRY OF
BIBLICAL DISCIPLESHIP/COUNSELING**

*"If we live by the Spirit, let us also walk by the Spirit."
(Galatians 5:25)*

The Foundation for Biblical Discipleship/Counseling

H59

MASTER PLAN FOR THE MINISTRY OF BIBLICAL DISCIPLESHIP/COUNSELING – FIRST PAGE



* All references outside the boxes cite Sections or Supplements in either the *Self-Confrontation* manual or the *Handbook*.

** References within boxes cite biblical principles found in Section I of the *Handbook*.

Biblical Reconciliation with God and Man

MASTER PLAN FOR THE MINISTRY OF BIBLICAL DISCIPLESHIP/COUNSELING – SECOND PAGE

Teach how to judge self through the development of personal failures lists (e.g., keeping account of wrongs suffered, inflicting wrongs, or neglecting to demonstrate biblical love toward God and others) using *Worksheet 2: Lists of Specific Failures to Live Biblically*, **VICTORY OVER FAILURES PLAN** (BCF Form 102) (*Principles 3, 4, 19, 28, 30, 42, 52, 94-95*)**

(*Handbook, Section III and IV*)*

Explain the necessity to repent and confess these sins to the Lord, demonstrated by asking for His forgiveness and showing the fruit of repentance (*Principles 26, 28, 30, 57*)**

(*Self-Confrontation, Lesson 5 and 8; Handbook, Section III*)*

Provide guidance on how to complete *Worksheet 3: "Put-offs" and "Put-ons."* (*Principles 27-29, 56, 93, 103*)**

(*Self-Confrontation, Lessons 5-8; Handbook, Section III*)*

Provide guidance on how to complete *Worksheet 4: "Daily Practices" Plan* and *Worksheet 5: "Overcoming Temptations" Plan*. (*Principles 30-32, 49, 50, 57, 83, 95-97, 105*)**

(*Self-Confrontation, Lesson 8; Handbook, Sections III and IV*)*

Teach how to restore unreconciled relationships and develop biblical relationships by:
 (a) Forgiving others biblically using *Worksheet 6a: My Plan for Demonstrating Forgiveness* (*Principles 48, 50-51*)**
 (b) Being reconciled to others in accordance with biblical principles of communication using *Worksheet 6b: My Plan for Asking Forgiveness* (*Principles 53, 57-59, 68*)**

(*Self-Confrontation, Lessons 12-13; Handbook, Section III*)*

Explain how to treat others biblically by teaching principles for:
 (a) Not retaliating when wronged
 (b) Seeking ways to bless them
 (c) Eliminating stumbling blocks (*Principles 50, 55-56, 63, 104*)**

(*Self-Confrontation, Lessons 9-13, Supplements 15-17; Handbook, Section III*)*

* All references outside the boxes cite Sections or Supplements in either the *Self-Confrontation* manual or the *Handbook*.

** References within boxes cite biblical principles found in Section I of the *Handbook*.

The Maturing Disciple of Jesus Christ

H61

MASTER PLAN FOR THE MINISTRY OF BIBLICAL DISCIPLESHIP/COUNSELING — THIRD PAGE

Encourage to stand firm in the midst of sufferings, tests, and trials and to put on the full armor of God
(Principles 12, 21, 23, 24, 32, 80, 95, 103-104)**

15

(Self-Confrontation, Lessons 5-8, 21;
Handbook, Section III)*

Explain how to continue to mature in God's standards for life through:
(a) Elimination of unprofitable activities — using **MY PRESENT SCHEDULE** (BCF Form 107)
(b) Addition of activities necessary to carry out God-given responsibilities — using **MY PROPOSED BIBLICAL SCHEDULE** (BCF Form 108)
(c) Periodic evaluation of the plans made
(Principles 12, 31-32, 83, 88, 98-103, 105)**

16

(Self-Confrontation, Lesson 22, Supplements 15, 16;
Handbook, Section III)*

Encourage ministry as a working part of the local body of believers through:
(Principle 41)**
(a) Practice of spiritual gifts and cooperation with God's Spirit in bearing spiritual fruit as a faithful steward
(Principles 12, 39, 41, 43-44, 83, 98-105)**
(b) Submission to the spiritual leaders
(Principles 116-118)**
(c) Meeting the needs of the afflicted
(Principle 3)**

17

(Self-Confrontation, Lessons 10, 22)*

Teach how to disciple others toward spiritual maturity and, as applicable, train how to restore those caught up in sin by:
(a) Standing ready to give them a reason for the hope within
(b) Exercising a spirit of gentleness
(c) Assisting in bearing their burdens
(d) Encouraging and stimulating them to love and good deeds
(e) As necessary, admonishing, reproving, and disciplining
(Principle 3, 105, 129-130)**

18

(Self-Confrontation, Lessons 13, 17, 21; Handbook, Section III)*

* All references outside the boxes cite Sections or Supplements in either the *Self-Confrontation* manual or the *Handbook*.

** References within boxes cite biblical principles found in Section I of the *Handbook*.

**EXPLANATION OF THE MASTER
PLAN**

EXPLANATION OF THE MASTER PLAN

THE FOUNDATION FOR BIBLICAL DISCIPLESHIP/COUNSELING

MASTER PLAN – FIRST PAGE

OVERVIEW

The first page of the **MASTER PLAN**, containing Boxes 1-8, focuses on establishing a basic foundation for facing, dealing with, and enduring all problems while growing as a disciple of the Lord Jesus Christ. Primary emphasis is on:

1. Gathering information that will provide a biblical understanding of the problems,
2. Developing initial hope and recognition of personal sins, and
3. Dealing with the disciple/counselee's relationship with the Lord.

NOTES FOR BOX 1

¹
For every subject, consider:
(a) Biblical understanding
(b) Biblical hope
(c) Biblical change
(d) Biblical practice

I. Biblical focus and guidelines:

The purpose of Box 1 is to remind you that in every topic you cover with disciples/counselees you must consider the four basic elements for how to face, deal with, and endure every problem of life. They are essential to discipleship/counseling.

- A. Always seek to attain and then to lead the disciple/counselee to a biblical understanding of his problems (*based on Isaiah 55:8-11*).
- B. Consistently emphasize hope from God's Word for each trial in the disciple/counselee's life (*based on Romans 15:4*).
- C. Assist the disciple/counselee in identifying and beginning to practice the specific biblical changes that need to be made to overcome sin in his life. This will involve putting off the old practices of sin and putting on new practices of righteousness (*based on Ephesians 4:22-24; Colossians 3:9-10*).
- D. Encourage the disciple/counselee to establish biblical changes in his life through faithful, persevering obedience. Emphasize that obeying the Word faithfully is essential to maturing as a disciple of Jesus Christ (*based on James 1:22-25*).
- E. For guidance, study *Handbook*, Section III, Part 3, Pages H123-H154.

NOTES FOR BOX 1 (Continued)

II. Essential Scriptures:

- A. For understanding the problems biblically — *Isaiah 55:8-9*,
- B. For biblical hope — *Romans 15:4*,
- C. For biblical change — *Ephesians 4:22-24*, and
- D. For biblical practice — *James 1:22-25*.

III. Cross references:

All other boxes

IV. Suggested topics for discipleship/counseling meetings:

- A. Ensure that you include all four elements when covering each topic during discipleship/counseling meetings.
- B. In the first counseling meeting, highlight the four essential elements in Paragraph 8 of **BASIS FOR BIBLICAL DISCIPLESHIP/COUNSELING** (*Handbook*, Page H164, BCF Form 3).

V. Key homework assignments:

Assign only biblical homework.

NOTES FOR BOX 2

Explain **BASIS FOR BIBLICAL DISCIPLESHIP/ COUNSELING** (BCF Form 3)

²

I. Biblical focus and guidelines:

The purpose of Box 2 is to establish a foundation upon which to begin discipling. The **BASIS FOR BIBLICAL DISCIPLESHIP/COUNSELING** (*Handbook*, Pages H163-H166, BCF Form 3) communicates to the disciple/counselee how you will proceed throughout the discipleship/counseling process.

II. Essential Scriptures:

- A. Regarding **TRAINING OF THE BIBLICAL DISCIPLER/COUNSELOR** — *II Timothy 3:16-17*
- B. Regarding **TEAM DISCIPLESHIP/COUNSELING** — *Proverbs 11:14; 15:22*
- C. Regarding **THE MINISTRY OF THE HOLY SPIRIT** — *John 14:26; 16:13*

III. Cross references:

Boxes 1, 18

IV. Suggested topics for discipleship/counseling meetings:

Explain the **BASIS FOR BIBLICAL DISCIPLESHIP/COUNSELING** (*Handbook*, Pages H163-H166, BCF Form 3) and introduce the Victory Over Failures Plan booklet as follows:

In Paragraph 2: Emphasize that the Bible is the only authority to be used throughout the discipleship/counseling process; then read *II Timothy 3:16-17*. Tell the disciple/counselee that if he does not understand the biblical basis for anything you say, he should ask you for the biblical basis.

In Paragraph 3: Note that there is no charge for biblical discipleship/counseling. It is a labor of love.

In Paragraph 4: Explain that you are working as a team in accordance with *Proverbs 11:14* and other Scriptures. Emphasize that the most important member of the team is the Holy Spirit.

NOTE: Use this last point to emphasize the need for prayer and lead the group in prayer.

In Paragraph 5: Explain that the purpose of the ministry is to accomplish much more than overcoming the current problem. Biblical discipleship/counseling is a ministry that teaches how to deal with all of life's problems no matter how serious.

In Paragraph 6: State that biblical confidentiality is quite different from the world's definition and practice. While believers are commanded

NOTES FOR BOX 2 (Continued)

by God not to gossip, you may need to talk to others from time to time to get additional information or counsel.

In Paragraph 8: Briefly explain each of the four elements of biblical discipleship/counseling.

Read the last paragraph, beginning with "In order to help you ..." and give the counselee a copy of the *Victory Over Failures Plan* booklet.

In Paragraph 10: Read only the first sentence.

In Paragraph 13: Emphasize the importance of bringing the Bible to each meeting since it is the only standard and authority to be used for discipleship/counseling.

Also, it is important to bring a notebook and pencil. Explain that taking notes helps the disciple/counselee remember key Scripture passages, important counsel given, and homework assignments. Notes are important to you and the assistants because notes help in recalling important points after the meeting and also help in preparation for future meetings.

V. Key homework assignments:

- 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 1-10. Write down any questions I have.

SECTION III

***ESSENTIAL PRECEPTS FOR BIBLICAL
DISCIPLESHIP/COUNSELING***

SECTION III

ESSENTIAL PRECEPTS FOR BIBLICAL DISCIPLESHIP/COUNSELING

INTRODUCTION

Scripture contains precepts that, when obeyed, will equip you to disciple/counsel anyone in any situation. Diligent study of the Scriptures is necessary for godly focus, conduct, and discipleship/counseling content.

Section III contains essential scriptural teaching for all aspects of your ministry as a biblical discipler/counselor. It consists of three parts: **THE DISCIPLE/COUNSELEE**, **THE BIBLICAL DISCIPLER/COUNSELOR**, and **THE BIBLICAL DISCIPLESHIP/COUNSELING PROCESS**. Throughout the years you spend ministering to others, this section will provide a valuable reference for your own discipleship/counseling and for training others.

SECTION III

**PART 1:
THE DISCIPLE/COUNSELEE**

A BIBLICAL UNDERSTANDING OF THE DISCIPLE/COUNSELEE

The Lord already knows what is in the heart of every man and has given you knowledge about man through His Word. Scripture provides some significant facts that are essential for understanding a disciple/counselee's problems (*based on I Kings 8:39; I Chronicles 28:9; Jeremiah 17:9-10; Hebrews 4:12*).

I. Those who do not know the Lord Jesus Christ as their Savior have no capability to change biblically.

- A. Unbelievers do not have the resources for biblical change. They lack:
1. The indwelling power of God in their lives (*based on John 14:17; 15:4-5; Romans 5:5; 8:9*),
 2. The understanding of the things of God (*I Corinthians 2:6-14, esp. verse 14*), and
 3. The hope to live in a manner pleasing to God (*based on Romans 8:8; Ephesians 2:12*).
- B. They have set their minds on the flesh, not on the Spirit, and are hostile to God (*Romans 8:5-8; Colossians 1:21*).

*For further details concerning the condition of the unbeliever, review **YOU CAN CHANGE BIBLICALLY (PART ONE), I. If you do not already have a sincere ... (Self-Confrontation, Page 20)**.*

*For further details concerning the resources available only to believers, review **YOU CAN CHANGE BIBLICALLY (PART TWO), I. The process of lasting biblical change begins ... (Self-Confrontation, Pages 32-34)**.*

II. All believers can change biblically because of the enabling they have in the Lord.

Believers have available all that they need to change quickly and dramatically because they have the authority of the Scriptures (*John 17:17; Acts 20:32; I Thessalonians 2:13; II Timothy 3:16-17; Hebrews 4:12*), the empowering of the Holy Spirit available to them (*based on Romans 8:9-14; Ephesians 1:13-14; 5:18*), and the privilege of prayer to approach the throne of God in time of need (*Hebrews 4:15-16*). Since God commands His children to walk by the Spirit, which implies His empowerment, believers are able to exhibit the fruit of the Spirit at all times (*based on Galatians 5:16, 22-25*).

NOTE: *The above paragraph is a reprint of Principle 109.*

Review:

YOU CAN CHANGE BIBLICALLY (PART TWO) (Self-Confrontation, Pages 32-34),
and

THE HOLY SPIRIT EMPOWERS YOU TO SOLVE YOUR PROBLEMS (Self-Confrontation, Pages 53-55).

III. All believers undergo continuing spiritual battles and must learn to stand firm in the Lord and put on the full armor of God.

- A. The desires of the flesh are in opposition to the Spirit (*Galatians 5:17*).
- B. Believers are engaged in a spiritual battle (*II Corinthians 10:3-4; Ephesians 6:10-13*).

Review:

BIBLICAL PERSPECTIVE ON TESTS AND TEMPTATIONS (*Self-Confrontation, Pages 124-128*),

GOD HAS BROKEN SATAN'S POWER (*Self-Confrontation, Pages 362-364*),

PUTTING ON THE FULL ARMOR OF GOD (*Self-Confrontation, Pages 373-381*),
and

THE FRAMEWORK OF BIBLICAL DISCIPLESHIP/COUNSELING "*The Accused*"
(*Handbook, Page H17*).

IV. Believers who are not overcoming sin in their lives are either ignorant of biblical truth or willfully practicing sin.

- A. The disciple may be a new believer or one who has never known how to apply God's Word to his life (*based on I Corinthians 3:1-3; Hebrews 5:11-14*).
 - 1. Like King Solomon, the disciple may have sought contentment through circumstances, things, or people (*based on Ecclesiastes 2:1-11*).
 - 2. He may be heavily influenced by all manner of conflicting theories and philosophies from the world and false teachers (*based on Ephesians 4:13-14; Colossians 2:8-9; II Peter 2:1-3*).
- B. The counselee may have deluded himself by being only a hearer of the Word (*based on James 1:22*). He may not even be aware that many of his failures are described in God's Word as sins (*based on Proverbs 12:15; 14:12; 16:2, 25; 21:2*). Remember that it is by doing God's Word that the believer gains discernment (*Hebrews 5:12-14*).

SECTION III

PART 2:

**THE BIBLICAL
DISCIPLER/COUNSELOR**

YOUR RESPONSIBILITY AS A BIBLICAL DISCIPLER/COUNSELOR

The ministry of biblical discipleship/counseling involves obedience to the Lord, with a view to reconciling individuals to Him and teaching them to walk in His way. As you disciple/counsel, you must continue to judge yourself and take heed to your own walk with the Lord, remaining totally dependent on Him and His Word. You are to demonstrate tenderhearted servanthood to those whom you disciple/counsel (*based on Matthew 7:1-5; I Thessalonians 2:5-9; Galatians 6:1-5; I Peter 3:15-16*).

I. You have the privilege and responsibility of restoring others (*Matthew 7:5; II Corinthians 5:18-20; Galatians 5:25; 6:1*).

- A. No matter what age you are or how new your walk of faith may be, you are commanded to present the message of salvation through Jesus Christ and to teach believers to live God's way. For the obedient believer, discipling/counseling others is not an option (*based on Matthew 28:19-20; Galatians 6:1; I Thessalonians 5:14; I Timothy 4:6, 10-12*).
- B. God has already taught you much about His work and His provisions as He, by the Holy Spirit, has worked in your own life. To that extent, you are responsible to disciple/counsel others (*based on Romans 15:14; II Corinthians 1:3-4*).

II. You are to be a faithful biblical discipler/counselor.

Recognize that God examines your heart, and that He weighs and judges your motives (*Psalms 19:14; 139:1-4, 23-24; Jeremiah 17:10*). Your ministry is to be done in a manner that is faithful to the Word of God and pleasing in His sight (*I Thessalonians 2:4; II Timothy 2:15*). This requires that you:

- A. Maintain a fervent personal commitment to walk in a manner pleasing to the Lord (*Colossians 1:10*);
 - 1. Maintain a faithful and obedient walk with the Lord (*based on Matthew 7:1-5; John 14:15; Ephesians 4:1-3; Colossians 1:9-12; 2:6-7*).
 - 2. Your deeds should:
 - a. Set an example for others to follow (*based on Matthew 5:13-16; I Corinthians 11:1; I Thessalonians 1:6; I Timothy 4:12, 15-16; Hebrews 6:12; 13:7*) and
 - b. Demonstrate your commitment to the Lord Jesus Christ (*based on Mark 8:34-38; John 14:15*).
 - 3. Your manner in every circumstance and with every person should exemplify the gentle and humble character of Jesus (*based on Matthew 11:29-30; Ephesians 5:1-2; Colossians 2:6; I Peter 2:21; I John 2:3-6, esp. verse 6*).

(See Principle 111, *Handbook*, Page H44.)

4. Concentrate on glorifying God, not on gaining credit or praise for self (*based on Matthew 5:16; Galatians 1:10-11; Colossians 3:17, 23-24; I Thessalonians 2:3-6*).
 5. Rely on the guidance and empowering of the Holy Spirit for your counsel and for results in the disciple's life (*based on Colossians 1:11; II Timothy 1:14; I John 2:20, 27*). Keep in mind that you are totally inadequate in yourself, but that your adequacy is in the Lord (*II Corinthians 3:5-6*).
 6. Continually examine (judge) yourself honestly and faithfully, and correct biblically any sinful practices in your life (*Psalm 139:23-24; Matthew 7:1-5; I Corinthians 10:12; 11:28; Galatians 6:4*).
- B. Base your counseling solely on the Scriptures.
1. Study God's Word diligently and remain faithful in the practice of His Word (*based on John 8:31-32; Colossians 1:9; II Timothy 2:15*) so that while discipling/counseling others, you may not delude yourself (*based on Galatians 6:1; James 1:22*).
 2. Always point to the Lord and His Scriptures as the only standard, hope, and authority for your counsel.
 - a. You are not to rely on your own (or the world's) knowledge, experience, or opinions (*Isaiah 55:8-11; Colossians 2:8; 3:16; II Timothy 3:16-17; Titus 2:1; Hebrews 4:12*).
 - b. Do not seek to be an authority in the lives of disciples/counselees or the one on whom they depend; rather your desire should be for them to submit their lives to the Lord Jesus Christ (*Proverbs 30:5; Isaiah 55:8-11; John 5:19, 30; II Peter 1:20-21*).
- C. Be a servant to those you instruct.
- Always look to the Lord Jesus Christ as the primary example of a servant-teacher (*based on I Peter 2:21*). You are to:
1. Demonstrate servanthood to those you disciple/counsel (*Matthew 20:25-28; John 13:13-17; I Corinthians 9:19; II Corinthians 4:5; Philippians 2:5-8*), and exhibit a humble and gentle spirit — not a dominant or overbearing spirit — even in matters of disagreement or challenges to the counsel you give. Whether the disciple/counselee asks questions from ignorance or a desire to dispute, treat him as more important than yourself (*based on Matthew 20:25-28; John 13:13-17; I Corinthians 9:19; II Corinthians 8:3-6; Philippians 2:3-8; Colossians 4:6; I Thessalonians 2:3-9; II Timothy 2:24-25*).
 2. Labor out of love, not out of greed (*based on I Corinthians 9:7-11; Philippians 1:9-11, 15-16, 21-26; I Thessalonians 2:5-12; I Timothy 1:5*).
- D. Minister through biblical discipleship/counseling as a part of your daily walk with Christ. You must be prepared to minister to others in their difficulties as part of your God-given responsibilities. God calls you to build up the body of Christ, not just in the area of your giftedness or "expertise," but in all ways (*Matthew 28:19-20; I Peter 3:15*).

III. Your ministry of reconciliation and restoration should be directed toward both believers and unbelievers.

Always counsel with the view that someday the disciple/counselee may be discipling/counseling others also. Have as your goal to help the disciple/counselee mature

in Christ so that he too may stand ready to give others a reason for the hope that is within him (*based on Matthew 28:19-20; II Corinthians 1:3-4; II Timothy 2:2; I Peter 3:15*).

A. The counselee may be an unbeliever. In order to minister to him, you must:

1. Keep in mind that he lacks:
 - a. The indwelling power of God in his life (*based on John 14:17; 15:4-5; Romans 5:5; 8:9*),
 - b. The understanding of the things of God (*I Corinthians 2:6-14, esp. verse 14*), and
 - c. The hope to live in a manner pleasing to God (*based on Romans 8:8; Ephesians 2:12*).
2. Help him see that the scope of his problems is beyond his limited understanding of circumstances and relationships.
 - a. He is:
 - 1) Hopelessly separated from God (*Romans 6:23a; Ephesians 2:1-3, 11-12, Colossians 1:21*);
 - 2) Powerless to overcome sin's hold on his life (*Romans 5:6; 6:16*);
 - 3) Unable to understand the things of God (*Proverbs 14:12; I Corinthians 2:14*);
 - 4) Incapable of living a spiritually fruitful life (*John 15:4-6*);
 - 5) Guaranteed increasing heartaches, problems, and difficulties (*Proverbs 13:15; Romans 2:8-9*); and
 - 6) Unable to please God (*Romans 8:8; Hebrews 11:6*).
 - b. His problems cannot be solved by man's devices and philosophies (*I Corinthians 3:19-20; Colossians 2:6-8*).
3. Show him the way of salvation. Refer to Principle 1 (**Handbook**, Page H23).

B. The disciple may be a new believer or one who has never known how to apply God's Word to his life (*based on I Corinthians 3:1-3; Hebrews 5:11-14*). In order to minister to him, you must:

1. Spend time teaching him how to study the Scriptures and train him to practice personal daily devotions and Scripture memory (*based on Psalm 1; 119:9-11*).
 Refer to **BIBLICAL BASIS FOR DAILY DEVOTIONS AND SCRIPTURE MEMORY** (*Self-Confrontation*, Pages 38-40) and **FOUR PLANS FOR MEMORIZING SCRIPTURE** (*Self-Confrontation*, Pages 41-42).
2. Encourage and help him become firmly established in a biblically focused local church, fellowshiping with other believers, and ministering to others (*based on Acts 2:42; Ephesians 4:13-16; II Timothy 2:22; Hebrews 3:12-13; 10:24-25*).
3. Teach him how to rely on the Word of God rather than the wisdom of man as you gently instruct him from the Scriptures in the areas about which he is confused (*based on Colossians 2:6-8; II Timothy 2:22-25; 3:16-17*).

4. Help him understand that his problems are being used by the Lord to show the need for change in his life (*based on Psalm 119:67, 71, 75*) and to mature him (*based on Romans 5:3-5; James 1:2-4*) and that God's plan is to use all things in the believer's life for his good, the good being to conform him to the image of God's Son (*Romans 8:28-29*).
- C. The counselee may have deluded himself by being only a hearer of the Word (*based on James 1:22*). He may not even be aware that many of his failures are described in God's Word as sins (*based on Proverbs 12:15; 14:12; 16:2, 25; 21:2*). In order to minister to him, you must:
1. Carefully gather information (often by taking notes) regarding his specific thoughts, speech, and actions that document the contrast between the way he is living and the standard of God's Word (*based on Ephesians 5:11-12 and illustrated in Acts 5:1-10; 8:18-24*).
 2. Help him recognize the seriousness of his condition by describing the consequences of continued, unrepentant sin (*Proverbs 1:22-33; 13:15; 15:6; Matthew 7:24-27; Hebrews 10:26-31; James 1:22*).

SECTION IV

***RESOURCE HELPS AND FORMS
FOR BIBLICAL
DISCIPLESHIP/COUNSELING***

SECTION IV

RESOURCE HELPS AND FORMS FOR BIBLICAL DISCIPLESHIP/COUNSELING

INTRODUCTION

This section includes forms for discipleship/counseling, guidelines for completion of the forms, guidelines for completing homework assignments, guidance for how to carry out discipler/counselor training responsibilities and standards of conduct for biblical disciplers/counselors.

In many informal discipleship/counseling situations, it will not be appropriate to use some of these forms; however, even then, the information on the forms provides valuable guidance for gathering information during your discipleship/counseling meeting.

An important item is the **BCF SELF-STUDY BIBLE COURSE IN BIBLICAL DISCIPLESHIP/COUNSELING**. It is designed to acquaint the prospective discipler/counselor with principles and precepts from the Old and New Testaments that apply to dealing with problems and achieving maturity in Christ. The course consists of five major sections: 1) a study of twelve key scriptural doctrines that have direct application to biblical discipleship/counseling, 2) a study of 24 Old Testament characters from a biblical discipler/counselor's perspective, 3) a biblical discipleship/counseling perspective of poetic and prophetic books in the Old Testament, 4) a variety of discipleship/counseling topics, and 5) studies on the way that Jesus disciplined.

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