

GOALS & STRATEGIES FOR BIBLICAL COUNSELING SUCCESS

GOALS (What is a “win?”):

Hear Your Counselee

1. Counselee feels they can trust you because you have truly listened and understood.
2. Counselee is committed to the process because rapport has been built.
3. Significant information has been gathered about the counselee and their problem.

Enter with Gospel Hope

1. The state of the counselee’s faith journey is assessed as far as is possible.
2. The gospel is presented and shown how it brings hope to their situation, if received.
3. Every session shows how the gospel is the key to their healing.

Lead with Word and Prayer

1. Every session uses God’s Word to teach, reprove, correct, and train in righteousness.
2. Prayer is a part of every session, and not just at the beginning and end.
3. The counselee increasingly goes to God through the Word and prayer as a regular, daily practice.

Probe Heart Issues

1. The counselee understands that their struggle resides not in their circumstances but their heart.
2. The counselee begins to see their area(s) of idolatrous worship and its effects on their life.
3. The counselee begins to be able to self-diagnose their heart issues.

Explain Change Process

1. The counselee is challenged to respond to the Bible’s convicting assessments with humility.
2. The “5R” change process is taught to the counselee.
3. The counselee begins to exhibit more joy and has a more accurate view of God’s character.

Redirect Next Steps with Homework

1. The counselee is given homework every week from God’s Word.
2. The counselee is engaging in authentic, accountable community through advocates & LIFE Groups.
3. The counselee is directed towards serving others in need of help.

STRATEGIES (Keys to “winning”):

Hear Your Counselee

1. Use the PDI, Life Story, and intensive and extensive questions to know the counselee.
2. Explain that the process starts with getting to know them and not giving quick answers.
3. Make sure counselee signs all releases and agrees to the “3H” commitments.

Guiding Question: “Do I have a counselee?”

Enter with Gospel Hope

1. After hearing their presenting problem, always start with how the gospel offers hope in it.
2. Use PDI, Life Story, and one of the faith assessment tools to assess gospel understanding.
3. Share the clear gospel early on and show how each week’s discussion is addressed by the gospel.

Guiding Question: “Do they know the good news?”

Lead with Word and Prayer

1. At the outset, explain what biblical counseling is and why it is different.
2. Always prepare to use at least one passage, in context, to address their issue & assign homework.
3. Gradually have different people pray at beginning, end, and throughout, as led by the Spirit.

Guiding Question: “What does God say?”

Probe Heart Issues

1. Use the Heart Tree or Two Trees diagram to explain heart issues vs. circumstances.
2. Use Heart Throne diagram and Upset Journal to help identify idols and patterns of response.
3. Give biblical teaching on the heart and help them ask self-diagnosing, heart-revealing questions.

Guiding Question: “What’s the heart of the problem?”

Explain Change Process

1. Address pride & humility using passages like James 4:1-10 and Dr. Scott’s booklet.
2. Use the “5R: Repent, Renew, Respond, Rejoice, Repeat” change process to structure counseling.
3. Use the corresponding 5R diagrams and documents to assist in teaching concepts.

Guiding Question: “Do they know how to change?”

Redirect Next Steps with Homework

1. Always review previous homework and assign new homework from Scripture each week.
2. Make sure advocate helps to draw counselee into LIFE Group and service.
3. Understand: a helpful next step is termination of counseling if counselee doesn’t move forward.

Guiding Question: “What’s their next step?”