

## **Introduction:**

Why are you here in this breakout session?

**Counseling is Messy Stuff – We are dealing with the mess of people in their lives**

## **Biblical Foundations:**

**How does the following verses inform our perspective in Counseling?**

- Jeremiah 17:9
- Proverbs 4:23
- Luke 6:45
- 2 Corinthians 5:17
- Galatians 5:22
- Jeremiah 2:13
- John 16:13
- Galatians 2:20
- Ephesians 4:20-24
- Romans 12:2
- Philippians 4:8

## **Model for How People Change**

Jeremiah 17:5-10

(5) This is what the LORD says: "Cursed is the one who trusts in man, who depends on flesh for his strength and whose heart turns away from the LORD.

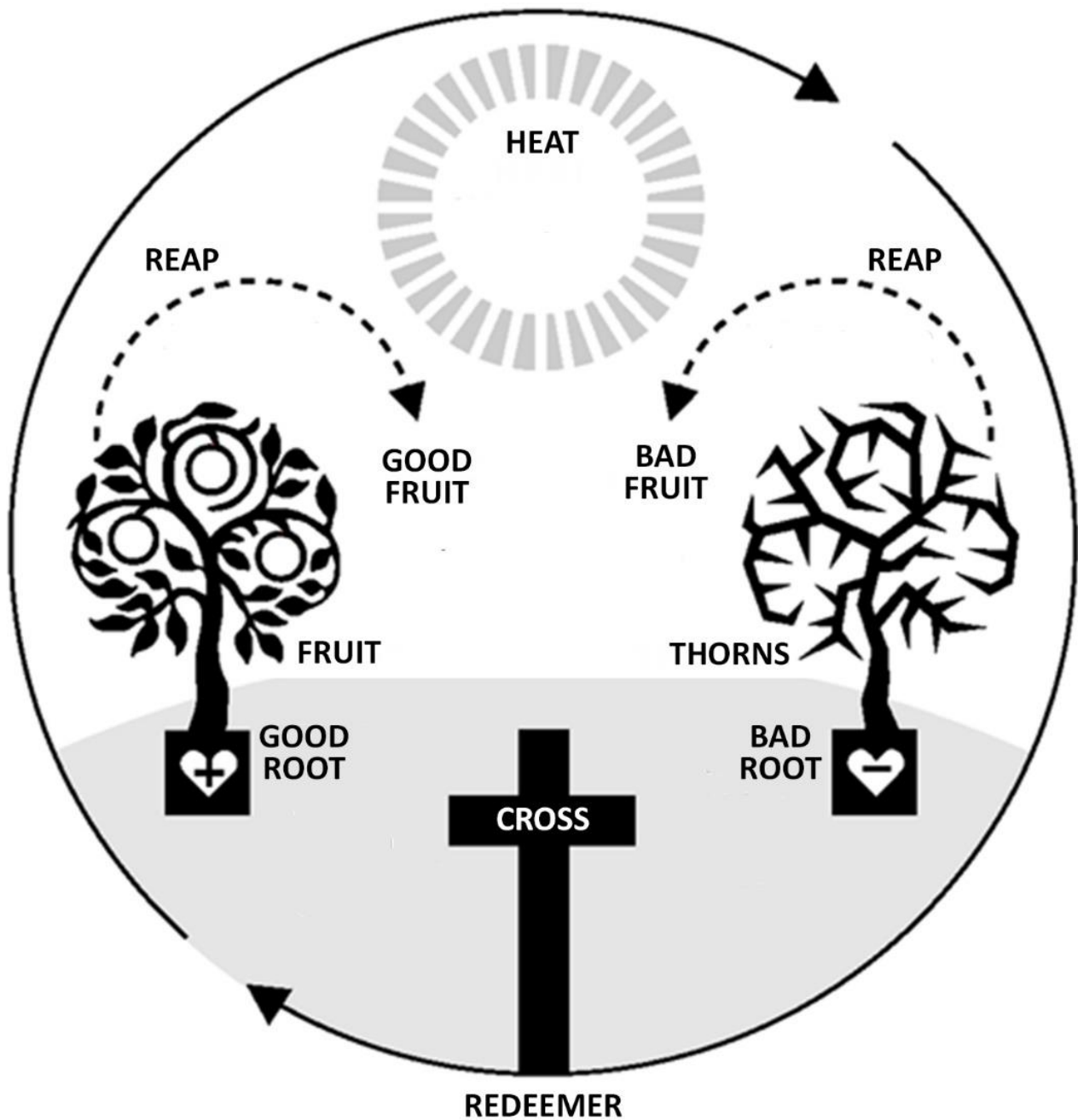
(6) He will be like a bush in the wastelands; he will not see prosperity when it comes. He will dwell in the parched places of the desert, in a salt land where no one lives.

(7) But blessed is the man who trusts in the LORD, whose confidence is in him.

(8) He will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit."

(9) The heart is deceitful above all things and beyond cure. Who can understand it?

(10) I the LORD search the heart and examine the mind, to reward a man according to his conduct, according to what his deeds deserve.



**Heat** – What is your situation? This is the person’s situation in daily life with difficulties, blessings and temptations.

**Thorns** – This is the person’s ungodly response to the situation. It includes behavior, the heart driving the behavior, and the consequences that result.

**Bad Fruit** – How do you react?

**Bad Root** – What do you want to believe?

**Cross** – This focuses on the presence of God in his redemptive glory and love. Through Christ, he brings comfort, cleansing, and the power to change.

**Redeemer** – Who is God and what does He say and do in Christ?

**Fruit** -- This is the person’s godly response to the situation resulting from God’s power at work in the heart. It includes behavior, the heart renewed by grace, and the harvest of consequences that follow.

**Good Fruit** – Spirit-led response.

**Good Root** – Seek God in Repentance and Faith.

### **Why is there a need for counselors?**

Only proud people will say that they have no blind spots.

### **What then is the goal of counseling?**

The goal of counseling is to help the counselee connect his/her fruits to the roots of his/her issues leading him/her to seek God in repentance and faith.

### **Root VS Fruit**

- Low-Self Esteem
- Shyness
- Eating Disorder
- Substance Abuse
- Addiction to Pornography
- Masturbation
- Bitterness
- Anger
- Depression
- Tampo
- Insecurity Issues

### **Case Study:**

- The Life of Joseph the Dreamer
- Number 20:1-13
- Participant Example

### **Tips for Counseling**

- Empathize with your counselee (I feel you vs I feel for you)
- Clarification
- Summarization

### **Personal Application and Group Discussion:**

In groups of three, one will act as counselor, another counselee and another as an observer. As time permits after 20 minutes we would shift roles.