

MBC WOMEN'S STUDY

Biblical Counseling: Theological Foundations of Biblical Counseling #2

PURPOSE OF STUDYING BIBLICAL COUNSELING

- You went over what Biblical counseling is and is not last time. *Any questions?*
- This is more than what the process is or the history of it, but the *philosophy* and *conviction* behind it.
 - I hope that your heart would yearn for Biblical counseling.
- In this year's class, I hope to answer the "why" ...*why should you care and actively practice Biblical counseling in the church?*
- This series is designed to not only equip you but to show you that any other form of counseling within the church is an exercise in futility.
 - When hearing and reading about other forms of counseling, my hope is that you would be able to spot where they fall short and be able to Biblically represent a proper counseling critique.
- This series is also designed to be very practical. This means that your participation is not only encouraged but expected as we go through this material.
 - Questions are highly encouraged so that you are able to walk away with a robust understanding of not only the class *but of what God specifically expects from you.*
- At the end of this series, my hope is to have a team of women who are able to be called upon to help counsel, disciple and shepherd other women in our church.

INTRODUCTION

- Today's class is going to talk about the four things that were in your reading:
 - The Godward Focus of Biblical Counseling
 - Counseling and the Sinfulness of Humanity (not as much as you covered last time)
 - The Work of the Spirit and Biblical Counseling
 - Spiritual Discipline and the Biblical Counselor
- We must have a comprehensive understanding of the purpose of counseling (to give God the glory), the sinfulness of humanity (*all* start as sinners), the work of the Spirit (sanctification) and finally you and spiritual disciplines (your own growth in godliness).

- Why is it important that we have right theological foundations before we ever start to try and counsel or disciple someone?
 - If we think wrongly about God, the Holy Spirit, the person we are counseling or ourselves, we are going to not only start off wrong, but we are going to go down the wrong path.
- When we start to deviate off this path, we are getting into man’s ideas and strategies, abandoning the One who created us and knows us intimately (*Psalm 139*).
- The goal of this class and the previous one is to prepare you for the rest of the series. Without a proper understanding of the why, the how is not going to make sense.
- Think of it like this, *what we do comes directly out of what we believe*. That means that if you’re not sold on the foundation of Biblical counseling, you will not be sold on the practice of it either.
 - If you are not fully convinced in your mind that the Bible has all things needed for life and godliness (*2 Pet 1:3*), you are going to look outside the Bible for direction and help.
- My hope is that you have read through the material and understand some and have questions about other things. I will cover some of the material that you have read, but I also want to introduce you to other authors and thoughts that cover the same idea as your reading.

THE GOAL OF GLORIFYING GOD THROUGH BIBLICAL COUNSELING

- The Christian life in general can be summed up simply, *glorify God with all you have*.
 - 1 Corinthians 6:19-20 “Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body.”
 - 1 Corinthians 10:31 “Whether, then, you eat or drink or whatever you do, do all to the glory of God.”
- If in our own walks with the Lord we seek to glorify God in our words, thoughts and deeds, that should be our only focus when we meet with others.
- A good question to ask yourself when you first meet someone to counsel is *what is in their life that is robbing God of the glory that He is due?*
- In our reading, Douglas Bookman states “the biblical counselor must be committed to a preeminently godward focus in counseling. Why? There are three basic reasons: (1) because God demands it; (2)

because the natural exaltation of self is destructive; and (3) because the soul-satisfying life God intends for His children can only be found through Jesus' spiritual paradox: deny self and focus on God."¹

- This is powerful stuff that he is exhorting us as Biblical counselors to adhere to in our counsel.
- Let's break each one down for clarity:

Why should we be godward focused in our counseling?

- *God demands it.*
- Isaiah 42:8 "I am the LORD, that is My name; *I will not give My glory to another, Nor My praise to graven images.*"
- It is morally imperative that *believers* frame their lives, order their priorities, fashion their relationships, and discipline their souls in ways appropriate to this relationship and responsibility.²
- This statement is very profound; it presupposes two invaluable truths regarding Biblical counseling...
 - *The person you are counseling is saved.*
 - This cannot be stated enough, if the person to whom you are giving Biblical counseling to is not saved...they are not going to be able to live a life to the glory of God.
 - Biblical counseling is both an outreach and discipleship ministry.
 - *You are doing the things you are encouraging others to do.*
 - In order to "show" the things that you are encouraging the counselee to do work, you must be willing to do the same things.
 - Notice also in the quote he says *believers* are to do this. This is not just for those who are counseling but for all Christians of all time.
- This is the life that God commands His people to live so that they glorify Him in all that they do. This is also the life that we encourage others to live *to defeat sin in their life*.
- He also says, "By reason of these two factors, biblical counselors must constantly and consciously arm their spirit, inform their instruction, and constrain [compel] their counselees with a commitment to glorify God and God alone."³
 - We must be able to give a complete commitment to ourselves and God that we are going to keep watch over our own hearts and *strictly give instruction from the Word of God*.
 - By doing so, we are to glorify God alone.
- This commitment should not be taken lightly. In the next two studies we are going to talk about the practice of Biblical counseling.

¹ John F. MacArthur Jr., *MacArthur Pastor's Library on Counseling* (Nashville, TN: Thomas Nelson Publishers, 2005), 51.

² *Ibid.*, 54.

³ *Ibid.*, 55.

- A good question to ask yourself: *If you have not cemented into your mind a desire to Glorify God, who are you seeking to bring glory to with your counseling?*
- When you must make a decision to follow through with Biblical counseling, what are you going to do when it seems nothing is working?
- Meaning that, we all will or are going to face a time when Biblical counseling does not seem to work. We are going to face a time when we are unsure of where to go for answers and the temptation will be to pick up some self-help book or pop-psychology methodology.
 - There will come a time when someone comes to you, telling you how a book or teacher has *literally changed their life* and you know that person they are listening to, or reading is a heretic.
 - If you do not purpose in your heart now that you will not allow God's glory to be robbed, when the time comes, you will be usure of what to do.
- As counselors, we must always keep in our mind *how can I shepherd this person to glorify God with and in their situations?*

To focus on self can *only* bring destruction.

- “A conscious commitment to a godward focus in biblical counseling is also imperative because destructive consequences are certain to follow when people exalt themselves rather than God.”⁴
 - We should not confuse this with self-esteem, though admittedly they are closely related.
 - When we exalt self we are saying that we do not need God, that we have all things under control and even that we are not sinning...*it was not my fault.*
 - They believe that if they can just take some time and focus on themselves things will be better. Never looking to the Scriptures to find what God would have of them.
 - We must be able to point people to God in their lives so that they can have real heart change, not believing lies they have either heard or made up in their own minds.
- “The tragedy in the contemporary marketplace is that many models of Christian counseling are based on theories more accurately subsumed under the error of Jonah 2:8 (“lying vanities”) than under the truth of Jonah 2:9 (“Salvation is of the Lord!”). Wittingly or not, some counselors have proven themselves to be blind leaders of the blind; they have acquiesced to ear-tickling notions that are sub-biblical and God-dishonoring, *notions that only make people more comfortable in their wickedness.*”⁵

⁴ John F. MacArthur Jr., *MacArthur Pastor's Library on Counseling* (Nashville, TN: Thomas Nelson Publishers, 2005), 56.

⁵ *Ibid.*, 59.

- I am not going to spend a lot of time going over the various models of “Christian” counseling, but be aware, many today who are under the banner of Biblical counseling use “added” techniques to add to their counseling.
- We live in a day and age where telling someone they are a sinner is not popular. People do not want to hear that they have nothing to offer God, but that God created them specially and uniquely so that they would be glorified...not God.
- I want to add this as a caveat, many of the counselors who do not look to the Bible exclusively have motives which are as pure as they can be.
 - Many are not seeking out ways to keep people in their sin but are trying to navigate what they believe are viable options so that they can care for the counselee at the best level.
 - They have been trained in some sort of integration with psychology or something else in order to get licensed by the state.

Deny Self and Focus on God

- Jesus said in **John 12:25** “He who loves his life loses it, and he who hates his life in this world will keep it to life eternal.”
- This is what needs to be stressed to the counselee...in order to have *real* life, you must lose this temporal, material one.
- Contentment is not (and certainly cannot) be found in the things of this world. The accumulation of wealth, material things, family, friends, etc., cannot bring the real joy outside of a life which is wholly turned towards Christ.
- “It might be argued that there is egocentrism latent in this ethic, that giving one’s life away with the motive of getting it back is only selfishness once removed. But this argument is based on the mistaken notion that God is displeased if people are happy, that God wants them to be miserable, and, thus, that it is morally inappropriate for anyone to long for or strive for happiness. In fact, God is a good and loving God who yearns for His creatures to find the soul-satisfaction He has provided for them.”⁶
 - The God we worship has given us everything we need to live a life which is not only fulfilling but also full of joy. He has given us all things to enjoy and use for His glory.
 - The lie that we must be able to destroy is that somehow God is withholding something from someone because He wants them to suffer.
 - This is the at the heart of having a good Theology proper...a robust understanding of who God is and what He is like as He has described Himself in the Bible.

⁶ John F. MacArthur Jr., *MacArthur Pastor’s Library on Counseling* (Nashville, TN: Thomas Nelson Publishers, 2005), 62.

- Psalm 84:11 “For the LORD God is a sun and shield; The LORD gives grace and glory; No good thing does He withhold from those who walk uprightly.”
 - Hebrews 11:6 “And without faith it is impossible to please Him, for he who comes to God must believe that He is and that He is a rewarder of those who seek Him.”
 - These are just some of the many verses that speak to the character of God as a good and perfect gift giver.
- “Lamentably, the effect of much counseling today is to reinforce the counselee’s focus upon self. Exegetical and theological acrobatics are attempted to justify this strategy, but such efforts notwithstanding, this counsel is twice grievous: it is explicitly condemned by the Scriptures, and it is disastrous to the counselee.”⁷
 - When we tell the counselee to focus on *anything other than God*, we are setting them up for a complete meltdown. If we orient them towards God, His glory and His commands, not only are they now going to be seeking God, but they are putting themselves in a place to be thoroughly blessed by God.
 - This is why an environment change cannot help...it focuses on your comfort and the actions of others, not the Lord or your heart.
 - This is why talk therapy (psychotherapy) cannot help at the heart level...it is simply there for you to discuss what things around you make you act or feel the way you do...once again, nothing about your sinfulness or how you are grieving God.
 - This is also why behavioral therapy cannot work...this is behavior that you have learned from things in your past that cause you to act/react the way you do. The goal is not a heart change, but simply a behavior change.
 - The list goes on and on and on...you can break down therapeutic approaches in one of two categories...either my environment or other people have caused me to be the way I am. Responses are also simplistic, change your environment or people and learn how to react to situations that make you happy.
- **If this is the best we have to offer people, we should be ashamed as Biblical counselors.** Christ did not come and die so that we could tell people these lies. They need the gospel for salvation and for the continued work of sanctification in their lives.

⁷ John F. MacArthur Jr., *MacArthur Pastor’s Library on Counseling* (Nashville, TN: Thomas Nelson Publishers, 2005), 62.

COUNSELING AND THE SINFULNESS OF HUMANITY

- I'm not going to spend much time here as you all went over it last time you met.
- **Self-Esteem**
 - As a result of the influence of psychology, many Christians blame virtually all of their emotional, spiritual and moral problems on low self-esteem. Such thinking is unbiblical and must be corrected because it diverts attention from the person's real problems.⁸
- Self-esteem is an untamed monster in life of far too many people.
 - It is simply defined as confidence in one's own worth or abilities.⁹
- Here is the self-esteem cycle that makes no sense:
 - Not enough self-esteem...
 - ...people tell you that you need more, and to feel better about yourself.
 - Think too highly of yourself, your prideful and need to get knocked down.
 - having an excessively high opinion of oneself
 - Think even higher of yourself, you are called a narcissist.
 - a person who has an excessive interest in or admiration of themselves
 - One step over a narcissist, you are a sociopath
 - Grandiose Sense of Self, never recognizing the rights of others and see their self-serving behaviors as permissible
- ***Who is the one that says you have too much or too little?*** Why is it so important that everyone feels the same way all the time? How do they test for that?
- Why do we tell people they need more self-esteem when the Bible clearly states that we do not?
 - **Philippians 2:3-4** “Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; do not merely look out for your own personal interests, but also for the interests of others.”

THE WORK OF THE SPIRIT AND BIBLICAL COUNSELING

- “Nowhere does Scripture advise people to seek answers by looking within. In fact, Scripture explicitly teaches us that we are sinners and should distrust our own hearts: “ ‘The heart is more deceitful than all else / And is desperately sick; / Who can understand it? / ‘I, the LORD, search the heart, / I test the mind’ ” (Jer. 17:9–10). Those who look within themselves to find answers are in a hopeless situation. Instead of answers, they get lies.”¹⁰
 - Here is the hard fact that you must embrace as a Biblical counselor...***there are no answers in the recesses of the heart.***

⁸ Joel James, *Counsel with Confidence*, 119.

⁹ There are dozens and dozens of various definitions and defining factors, simply put, it is purely subjective.

¹⁰ John F. MacArthur Jr., *MacArthur Pastor's Library on Counseling* (Nashville, TN: Thomas Nelson Publishers, 2005), 80.

- Man cannot fix himself because he did not create himself. All other forms of counseling (either overtly or covertly) start with the presupposition that man has evolved in some way and must be treated as such.¹¹
- “Evolutionary psychologists presume all human behaviours reflect the influence of physical and psychological predispositions that helped human ancestors survive and reproduce. In the evolutionary view, any **animal’s** brain and body are composed of mechanisms designed to work together to facilitate success within the environments that were commonly encountered by that **animal’s** ancestors.”¹²
- What is the outcome of bypassing the Spirit’s work in our hearts and lives?
 - “Unfortunately, psychology and worldly therapies have usurped the role of sanctification in some Christians’ thinking. Psychological sanctification has become a substitute for the Spirit-filled life. The notion is abroad within the church that psychotherapy is often a more effective change agent—particularly in dealing with the most difficult cases—than the Holy Spirit who sanctifies.”¹³
 - When we look for shortcuts, quick fixes, and the easy way through, we are no longer allowing the Holy Spirit to do the work that He was sent to do.
 - Even a cursory reading of **John 14** reveals that the disciples were troubled (v. 1) and Jesus gave them the simple remedy...believe. They were to believe in God and also in Christ.
 - After some words of comfort, Jesus then assures them that they are not alone, they are not going to be orphans (v. 18). In fact, they are going to receive the Spirit of truth (v. 17).
 - Here a key point that we must not miss in Biblical counseling, we must allow the Holy Spirit to do His work in the hearts and lives of people. If we are going to do this, we must use the means by which He works...namely the inspired Word of God.
 - You will be discouraged and frustrated with counseling if you try and do anything other than work with the Word of God.
 - Why? Because you will see, at best, superficial results that never quite seem to fix what is going on but merely put a Band-Aid on a bullet wound.
- As opposed to looking inward to find answers, MacArthur says “The true believer, however, does have a Helper who dwells within. He is the Holy Spirit, who applies the objective truth of Scripture in the process of sanctification. Yet even He does not draw our attention inward, or to Himself. Instead, He

¹¹ See B.F. Skinner <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1348035/pdf/jeabehav00059-0102.pdf>

¹² <https://www.britannica.com/science/evolutionary-psychology>

¹³ John F. MacArthur Jr., MacArthur Pastor’s Library on Counseling (Nashville, TN: Thomas Nelson Publishers, 2005), 80.

directs our focus upward, to Christ. Jesus said, “When the Helper comes, whom I will send to you from the Father, that is the Spirit of truth, who proceeds from the Father, He will bear witness of Me” (15:26).¹⁴

- Our problem is not that we do not believe in the Holy Spirit or that He wants to work in our hearts, our problem is that we do not understand the role of sanctification in our Christian walk.

Excurses 1: The Role of Sanctification in the Life of the Believer

- God calls His children to holiness and does not leave them incapable of accomplishing this in their own strength. His call to holiness also comes with the means by accomplishing it.
- “Regeneration is a momentary act, bringing a person from spiritual death to life. It is exclusively God's work. Sanctification is an ongoing process, dependent on God's continuing action in the believer, and consisting of the believer's continuous struggle against sin. God's method of sanctification is neither activism (self-reliant activity) nor apathy (God-reliant passivity), but human effort dependent on God (2 Cor. 7:1; Phil. 3:10–14; Heb. 12:14). Knowing that without Christ's enabling we cannot do good works, but also that He is ready to strengthen us for all we have to do (Phil. 4:13), we "abide" in Christ, asking for His help constantly— and we receive it (Col. 1:11; 1 Tim. 1:12; 2 Tim. 1:7; 2:1).”¹⁵
- *It is imperative that we get this right.* We must be able to explain what sanctification is, what is its purpose and how it is accomplished to who whom we counsel.
 - **What is it?** An ongoing process where the believer struggles against sin striving and agonizing against the evil that hopes to gain control over their life. Another way to put it, we are dying to sin in our life and living to holiness and righteousness. We are saying no to sin so that we can say yes to Christ.
 - **What is its purpose?** To conform the believer more into the image of Christ so that they will be holy and set apart from the world where sin reigns free.
 - “How is it accomplished? Three agents work together (i.e., synergize) to sanctify the believer: the Spirit, the Scriptures, and the saint. The saint cannot attain sanctification without the Spirit and the Scriptures. Those two agents are primary in the process of making the believer more and more holy.”¹⁶
 - Notice what is being said here about our sanctification:
 - **We need the Spirit** (therefore you must be saved...)

¹⁴ Ibid., 87.

¹⁵ <https://www.ligonier.org/posts/what-sanctification>

¹⁶ <https://www.tms.edu/m/msj21h.pdf>, 183.

- Romans 15:16 “...to be a minister of Christ Jesus to the Gentiles, ministering as a priest the gospel of God, so that my offering of the Gentiles may become acceptable, *sanctified by the Holy Spirit.*”
- Galatians 5:22–23 “But the *fruit of the Spirit* is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.
- If we are counseling people to have fruit and they are not saved, they are going to be frustrated and ultimately fail.
- You cannot follow the commands of the Bible without the inner working of the Holy Spirit because you will not understand what they are for.
- 1 Corinthians 2:14 “But a natural man does not accept the things of the Spirit of God, for they are foolishness to him; and he cannot understand them, because they are spiritually appraised.”
- **We need the Scriptures** (therefore you must read the Bible...)
 - John 17:17 “Sanctify them in the truth; Your word is truth.”
 - If it is the truth that we need to grow *with* then we must be in the Bible.
 - This verse is couched in a prayer that Jesus said for His disciples. This prayer is for their holiness which is based upon the truth. Not just any truth but the truth found in the Word of God.
 - If God is holy then His people are equally expected to be holy as well.
 - “But holiness is not merely a human achievement; it is to be understood as an act of God in setting apart a people to be like God. Therefore Jesus’ petition is for the Father to sanctify the disciples just as he earlier sanctified and sent Jesus (cf. John 10:36). For the disciples to be holy necessitated the work of God.”¹⁷
- **We need our own effort** (therefore you must choose to do it...)
 - There must be a progress, although there is never mentioned the amount of progress which should be made.
 - We are exhorted to perfect our holiness in the fear of God (2 Cor 7:1 “Therefore, having these promises, beloved, *let us cleanse* ourselves from all defilement of flesh and spirit, perfecting holiness in the fear of God.”)

¹⁷ Gerald L. Borchert, John 12–21, vol. 25B, The New American Commentary (Nashville: Broadman & Holman, 2002), 203.

- To strive after sanctification or we will not see God (Heb 12:14 “***Pursue*** peace with all men, and the sanctification without which no one will see the Lord.”)
- To seek after that which is good (1 Thess 5:15 “See that no one repays another with evil for evil, but ***always seek*** after that which is good for one another and for all people.”)
- To pursue love (1 Cor 14:1 “***Pursue*** love, yet desire earnestly spiritual gifts, but especially that you may prophesy.”)
- Everything points us to an active and consistent endeavor on the part of the Christian as one lives their life to the glory of God. Notice what Paul says in Romans 6:17–18 “But thanks be to God that though you were slaves of sin, ***you became obedient*** from the heart to that form of teaching to which you were committed, and having been freed from sin, you became slaves of righteousness.”)
- Obedience to the Word is a sure sign the one is in the process of being sanctified and a child of God.

SPIRITUAL DISCIPLINE AND THE BIBLICAL COUNSELOR

- Perhaps the most neglected aspect of Biblical counseling is the overall health of those who are consistently counseling others. As one who desires to shepherd the hearts of people in the ways of the Lord, ***you must also be constantly filling your own souls with the meat of the Scriptures.***
- I am not going to go over everything that was said, but just hit on some key points.

Relationship to the Lord

- “To correctly apply the Word of God to counseling situations we must know it and practice it. We must read it and study it in order to apply it to our lives before we can use it effectively in the counseling room.”¹⁸
- **Ladies, there is nothing more important to your counseling ministry than your own time being ministered to with the Word of God.**
- If you are not able or do not desire to apply the Word to your own life, I can guarantee that you will not be able to apply it others.
- In order for you to be productive in the lives of people that you are counseling, you must be able to handle God’s Word with accuracy and clarity...and that starts in your own hearts.

¹⁸ John F. MacArthur Jr., MacArthur Pastor’s Library on Counseling (Nashville, TN: Thomas Nelson Publishers, 2005), 88.

- Please do not misread or misunderstand what I am saying here. You are not called to be pastors or elders in churches, but just as average Christians are called to know and properly apply the Word of God, it is that much more important for you as you are counseling and discipling.
- You surely do not want to give someone a text that is not meant for their situation.
 - Ex: **Proverbs 22:6** “Train up a child in the way he should go, even when he is old he will not depart from it.”¹⁹
 - Ex: **Philippians 4:13** “I can do all things through Him who strengthens me.”²⁰
- These are just two of the many, *many* verses that are constantly taken out of context and may bring more harm to the counselee than help.
- Remember, hermeneutics is just as important for counseling as it is for teaching. Just because you are not teaching someone in a formal setting does not mean that the Bible is now up for grabs to mean whatever you desire it to.

Scripture Memorization

- This is going to be the bedrock of your counseling ministry. Not only do you need to know Scriptures for your own life, but also for others.
- This does not need to be hundreds and hundreds of verses, but in the counseling realm you must be able to exhort and encourage from the Bible quickly.
 - This also does not mean that you have to know it verbatim but knowing that renewing your mind is in **2 Corinthians 10** and that putting off and putting on is in **Colossians 3** and **Ephesians 4**, this will help you as you turn there in your Bibles.
 - Knowing where to find some Psalms that are for prayer, the downcast, etc. is very helpful when counseling others.
- You yourself should have verses memorized for your own sanctification and then some also for those who are in a time of need.
- Remember, the Scripture is not inspired because you give the right one at the right time...it is inspired because it came from God.

Prayer

- This is obvious but needs to be said...you must have an active prayer life.
- Not only praying for your own wisdom and guidance but also for those whom you are counseling. You can do nothing without the Spirit’s empowering and so you must pray to that end.

¹⁹ I found this article very helpful <https://www.desiringgod.org/articles/train-up-a-child-in-the-way-he-should-go>

²⁰ Steven Cole puts this in its proper context <https://bible.org/seriespage/lesson-27-secret-contentment-philippians-410-13>

- Prayer also keeps our minds focused on what matters most...our relationship with the Lord and with others that need the Lord.

Relationship with a Local Church

- “Maintaining a relationship with a local body of believers is an essential part of the counselor’s relationship with the Lord. This relationship is mandated in the Bible. Of approximately 110 references to the church in the New Testament over 90 refer to the local church. In the New Testament, believers quickly united with the local assembly (Acts 2:41, 47). Thus if we attempt to minister apart from the local church we are ignoring God’s view and purpose of the church.”²¹
- I cannot stress this enough. Not only are we part of the local for our own sanctification and growth, but it is also the place that we are to minister to one another.
- We should not rely on conferences, podcasts, videos, etc. to take the place of the local church. They may be good, but the historic church grew in godliness and influenced the world without them.
 - If you were to read through the NT you would never conclude that anything should take place outside of the local church.
 - Why? Jesus did not say that He would grow and empower online organizations, conferences, podcasts, parachurch organizations or anything else but the church.
 - “What does Jesus promise to build? His church. Anything else? No. He promises to build no other earthly institution. He attaches the personal pronoun my to no other earthly entity. He sums up His entire mission as church building. This is His chief concern. What is Jesus doing, incarnation and post-incarnation? He is building His church.”²²
 - When you spend time outside of the local church, you are around men and women who do not know you, you do not know them, and they really do not care (shepherd) for your soul.
 - This is why we do not send people out for counselling but rather have them under the loving care of people who know them, love them and genuinely desire to see them grow.

²¹ John F. MacArthur Jr., *MacArthur Pastor’s Library on Counseling* (Nashville, TN: Thomas Nelson Publishers, 2005), 90.

²² <https://www.ligonier.org/learn/articles/jesus-and-church>

CONCLUSION

- Closing with where we started:
 - The Godward Focus of Biblical Counseling
 - Counseling and the Sinfulness of Humanity (not as much as you covered last time)
 - The Work of the Spirit and Biblical Counseling
 - Spiritual Discipline and the Biblical Counselor
- These are four foundational truths that you must have clear in your own mind before you are able to proceed in the act of Biblical counseling.
- These are also areas in your life that are going to be changing and growing. When you see the Word of God taking shape and root in the life of people, your confidence in the Scriptures will grow.
- The more you depend on the Bible, the easier it is going to be to do in the future.
- Remember, Biblical counseling is not about you...it is about the glory of God in the life of the person that you have the privilege of pointing to Christ.