

MBC WOMEN'S STUDY

Biblical Counseling: The Practice of Biblical Counseling Part 3

INTRODUCTION

- Today's class is going to finish looking at **2 Timothy 3:16-17** "All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; so that the man of God may be adequate, equipped for every good work."
- We are going to focus on:
 - The Scriptures profit in correction and for training in righteousness.
- We will conclude our morning by going over the assignments from the book.

CORRECTING THE CONVICTED

This is all about three things...repent, rethink and restart.

- It is important that these three things are done in this order. As we talked about last week, one cannot begin to correct a pattern of sin without first recognizing that it is sin and repenting of it.

REPENT

- The Bible is more than just a rule book to expose our sin and instruct us on what we are not to do.
- We are told in **2 Peter 1:3-4** "...seeing that His divine power has granted to us everything pertaining to life and godliness, through the true knowledge of Him who called us by His own glory and excellence. For by these He has granted to us His precious and magnificent promises, so that by them you may become partakers of the divine nature, having escaped the corruption that is in the world by lust."
- God has given us all we need to know about this life. We know what we are not to do and what we are to do. Furthermore, what God commands He also empowers in the life of the believer to do.
- This is one of the many goals of Biblical counseling. We should desire to show the counselee that the Bible is not just there for good advice or to find out if something is good or bad to do. The Bible is there to show us God's standards so that we may glorify Him in all we do and live a joyous life.
- God's standards, just like a good parent's standards, are not arbitrarily put in place. He has a clear focus and goal and knows how to best get us there.
- If one truly is convicted of what you have taught him, then he is going to repent.

- I think it is important to start off with knowing that repentance is not something that we can make someone do. Paul says in **2 Timothy 2:25** “...with gentleness correcting those who are in opposition, *if perhaps God may grant them repentance* leading to the knowledge of the truth...”
- Contrary to popular teaching in the church today, we are not looking to manipulate people into having some sort of guilt centered experience.
- We do not want to create an emotionally driven experience hoping that the person will be moved to repent.
- Manipulation will ONLY lead to a false sense of security and/or salvation.
- Repentance is “rethinking of one’s behavior, attitudes, and beliefs. It is coming to a different opinion or viewpoint, one so different that it calls for different thought patterns and a different lifestyle.”¹

A couple of things to point out about repentance.

- This **does not** carry with it an emotional response. The word does not have any sorrow or grief connotations either explicit or implied.
- Even so, I would personally assert that repentance will (most likely) lead a person to have some sort of emotional expression. But it is important to understand that the presence or lack of emotions, should not necessarily dictate the genuineness of repentance.
- Paul says in **2 Corinthians 7:10** “For the sorrow that is according to the will of God produces a repentance without regret, leading to salvation, but the sorrow of the world produces death.”
- The word for sorrow that Paul uses means to be *overcome with grief* or better yet, *swallowed in grief*.
- While in our modern-day language we automatically link grief with some sort of outward emotional response, this was not always true.
 - Speaking of Esau, the writer of Hebrews says in **Hebrews 12:17** “For you know that even afterwards, when he desired to inherit the blessing, he was rejected, for he found no place for repentance, though he sought for it with tears.”
 - Esau sought after repentance with tears! He had the outward signs of a repentant man. But we are told that he found no place for it.
 - He looked the part, but unfortunately it was not sincere.
- To be sure, there will be some sorrow, some regret, and some grief, but we must not put a scale on the outward emotional outward response.

¹ Jay Adams, *How to Help People Change*. p. 142

What can we look for in a person who has repented?

- We have some guidance on true repentance, but ultimately the Lord judges the heart (**1 Sam. 16:7**).
- We should start to see a change in the person...a change in the behaviors, attitudes, and beliefs. Just as we are told in **James 2:18c** "...I will show you my faith by my works..."
- **The four steps in this process which Adams outlines are:**²
- **Confessing sin to God and to others (we will see this next)**
 - This is the outwardly expression of godly regret. This is far more important of an indicator than any other emotional response.
- **Seeking forgiveness (we will see this next)**
 - This is the first step in which the counselee takes in order to remedy the situation.
- **Forsaking the sinful way**
 - This is the next corrective step in the process
- **Beginning an alternative way of life that is pleasing to God.**
 - This is the final corrective step in the process.
- This is why the use of Scripture is so important. The person must know, and believe, they have sinned against God before any of this can take place. As bad as someone's sin may be against someone else, it is even worse because it was against a holy God.
- Think about what David says in **Psalms 51:4a** "Against You, You only, I have sinned."
- This is David's prayer to the Lord regarding his sin with Bathsheba and Uriah. He had wronged her by taking advantage of her and then tried to cover it up by having her husband murdered.
 - The consequences of his sinful actions included the death of the child.
 - Yet, he says that he only sinned against the Lord.
- How is this? There were many parties involved and affected by his sin.
- I like what John Piper says here "*Sin, by definition in the Bible, is not wronging another person. It is assaulting the glory of God, rebelling against God. Sin, by definition, is a vertical phenomenon.*"³
- David knew that he had broken the commands of the Lord and his relationship with the Lord was broken.
- To emphasize the word of the Lord even more, in **2 Samuel 12:9**, **Nathan the prophet, speaking for the Lord says to David** "Why have you despised the word of the Lord by doing evil in His sight?"
- **People sin when they despise the word of the Lord. This is the importance of teaching**, so they know they have gone against the word of God and then they can be convicted.

² Jay Adams, How to Help People Change. p. 142

³ <https://www.desiringgod.org/interviews/how-could-david-say-to-god-after-sleeping-with-urias-wife-and-then-killing-him-against-you-and-you-only-have-i-sinned>

- All of this to say, a repentant person should bear fruit that is consistent with repentance (Luke 3:8; Gal. 5:22-23). Bearing fruit is not only a true marker of repentance but also of the Christian life.

RETHINK OR RECONSIDER

- Once someone has been taught the ways of the Lord, they have been convicted and repented...now they must start to rethink or reconsider their normal daily life.
- Repentance and confession are closely related, but they are two individual steps in the process. They will take place either at the same time or within a short time of each other, but they both must take place.
- The reason I believe that repentance must come first is because it is a gift from the Lord. Follow the logical train...it is the Lord who convicts the dead sinner, He brings life to their dead heart, they see themselves as sinners before God, repent of what they have done against Him and only now do they have the spiritual eyes necessary to understand Scripture.
- Paul says in **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.**”
 - **Memorize this verse and put it in a safe place in your heart.** If you are counseling someone and they just are not understanding or agreeing with Biblical principles, remember, they must be born again to fully comprehend the Bible.
- Confession means that a change of mind has taken place, they are now able to rethink how they used to be. The person has gone from thinking their sinful ways are okay to knowing that they are an abomination against God.
- Our goal as Biblical counselors is that they would start to see their own life, and life in general, through a Biblical worldview.
- **Proverbs 28:13** “**He who conceals his transgressions will not prosper, but he who confesses and forsakes them will find compassion.**”
- Here is where the thought process must begin to change in the individual.
 - They start to see Scripture as the words of life and by which they must live.
- If we are not living in such a way where we can confess our transgressions, we are not going to be able to live a victorious Christian life.
- They begin to see that they have not lived up to the standards of Scripture and realize they must go to people whom they have sinned against and repent.
- As Adams says, “*the willingness to acknowledge one’s guilt, to agree with the conviction, is uppermost in the idea of confession.*”
- What does it mean to acknowledge one’s guilt? It means to repent. The fruit of that is confession.

- Confession should be part of the normal life for the Christian.
- It is important that you teach them this from Scripture. **1 John 1:9 “If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.”**

Why do we want someone to confess if they have already repented?

- Confession and repentance need to go hand in hand. Some put confession before repentance, but I think a true confession will come after one has repented, or so close that it may not be able to be distinguished.
- As we are convicted of our sin and repent, we are going to have a change of mind regarding our beliefs, attitudes, and practices.
- **Confession is the outward evidence that someone has a desire to change and be different. This is fruit of repentance that we can see in the person.**
- One writer puts it, *“Perhaps it’s because we don’t understand that confession and repentance aren’t the same thing. In our genuine desperation to be done with the shame and the shackles of our sin, we confess. But then, sometimes, we foolishly exhale and believe our work is done. Not wanting to talk about or be bothered by our sin again, we fail to realize that confession is just the beginning. This failure is why many people experience false transformation. We shirk (avoid) repentance when we agree with the truth of our sin (confession) without choosing the gospel-motivated response.”*
- What this is saying is that it can be easy to confess our sins to the Lord after we have heard a convicting sermon. Maybe on communion Sunday during our reflection time, we are convicted of a sin that we have been harboring and the mere acknowledgement of that sin eases our burden.
- Confessing is agreeing with the conviction the Spirit has brought upon us through the means of His word.

Why does the guilt and shame come back sometimes?

- This will be an important question that you will need to address with your counselee. They may have been harboring sin for years which is now coming to the surface. Many times, in counseling someone, there are root causes which have been hidden under symptoms for far too long.
- When these come to the surface, it may not be a simple repent, confess and forget.
- I usually take people back to **1 John 1:9 “If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.”**
 - This is where teaching the text is so important. There is nothing that is going to take away sin’s debt and stain other than the shed blood of Christ.
 - We do not want people to confess their sin to get a weight off their chest and relieve guilty feelings.
 - Confessing the sin shows an act of humility and contriteness before God.
- We must teach people that they should believe the promises of God.

- If God says they are forgiven and cleansed, they are.
- This promise in **Romans 8:1** “Therefore there is now no condemnation for those who are in Christ Jesus.”

RESTART

- Repenting and rethinking will ultimately lead to a desire to restart one’s life. Up until this point, the majority of your time has been spent on shifting the mind and how we are to view God and our sin in light of God’s holy standards.
- Going back to **Proverbs 28:13** “He who conceals his transgressions will not prosper, but he who confesses and forsakes them will find compassion.”
 - Notice that we are told that it is in the *confession and forsaking* of our sin.
 - An interesting word study on this word reveals it means to leave behind.
 - The same word in Arabic means *to let go a beast from its bonds*. The beast is our sin, and we must leave it behind, completely forsaking it.
 - If we hold onto sin, either by choice or habit, we should never expect the blessings of God.
- Listen to what David says about holding onto sin in **Psalm 32:3** “When I kept silent [about my sin,] my body wasted away through my groaning all day long.”
- He also says in **Psalm 66:18** “If I regard wickedness in my heart, The Lord will not hear.”
- There are two things that David speaks of being affected by not forsaking sin...his physical body and his spiritual relationship with the Lord.
 - When we choose not to repent and confess our sin, we will have a miserable life. We will feel the effects of our sin in a physical and spiritual way.
- When we choose to not give up our worries and anxieties and believe what Christ has said, these are some of the symptoms we can have because of it.

As Adams explains:

- Putting off sin is abandoning, quitting, forsaking, or letting go of sin. It includes the following:
 - **A willingness to deny or say no (as Christ puts it) to selfish desires**, either sinful in themselves or sinful as taking priority above Christ and His kingdom.
 - An actual **breaking with the past practice**, situation, or persons involved in the sin.
 - **Setting up a structure** that will make it difficult to fall into the same sin again.
- I want to look at each of these in their own context. To be sure, there is some overlap between these three categories, but numbers 2 and 3 are pretty severe.
- An example, **Ephesians 4:25** “Therefore, laying aside falsehood, speak truth each one of you with his neighbor, for we are members of one another.”

- Someone comes to you who is struggling with lying. For whatever reason they simply struggle to tell the truth. Sometimes it's an exaggeration, sometimes they omit parts of a story and sometimes they just lie.
- You can start at the 10 commandments to show the heart of God's character or any other place which talks about lying. They can see that it is against God's word and that there is no such thing as a little white lie.
- After they are convicted that lying is against God, they repent and confess their sin.
- You take them to **Ephesians 4:25**.
- This is where we begin to lay out that new way of thinking. We want to see them view their life through the lens of Scripture. You could say something *like now that you know it is a sin and you know that it is against God, it is time that you put that sin off*.
- It is important to look back at **verse 24** "...and put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth."
- Remember, verses are not in a vacuum. I want you to simply notice two things here:
- In **verse 24**, Paul says that our new self has been created...
- When we speak of laying aside falsehood (**v. 25**), we must tell them that it is because they have a new self which has been *created in the likeness of God*. The laying aside falsehood can only be accomplished because we have been made new. **Do not miss this!** We can choose not to lie now because of it.
- Secondly, he says that it has been created in holiness of the truth.
- Look at the contrast Paul created. Our new self has been created in righteousness and holiness of the truth. Therefore, if we have been made new, we should not be lying because it is against the truth.
- The plain reading is, *stop lying because it is not who you are anymore*.
- The next two, breaking with the practice and setting up a structure, I want to take as one element.
- **Adams calls these steps radical amputation.**
- Paul says in **1 Corinthians 15:33** "Do not be deceived: 'Bad company corrupts good morals.'"
 - Even though your counselee may think they can "handle" being around their old friends and their old way of life, the Bible says otherwise.
- You may need to counsel someone to make a break with the people around them. This is a hard step; I have been there.
- This is further explained by Jesus in **Matthew 5:29** "If your right eye makes you stumble, tear it out and throw it from you; for it is better for you to lose one of the parts of your body, than for your whole body to be thrown into hell."
- This is a radical amputation to rid oneself of all connections to our past sinful lifestyle. This is the cost of following Christ and the mindset one must have.

- As you counsel someone in this direction, the next step falls into place. You break the practice and now set up a structure so that the sin cannot come back. This will be different for each person, but the more radical the sin the more intense the structure must be.
- This is the fullness of correction. They have repented, began to rethink, and now desire to restart their life.
- One final thought, this may take some time. People are not always ready to immediately change their life around because of sin. They may want to entertain their sin and try and put one foot out, while keeping one foot in the old life.
- **Make sure you are ready to show an abundance of grace, just as Christ has shown with you.**
- We are not looking for quick, superficial change. We do not want something that merely “helps” the person to feel better. We desire the person to have a heart change through the power of the Holy Spirit working through His inspired Scriptures.

TRAINING IN RIGHTEOUSNESS

- While there are many places in the Bible that we can take someone to show them the new life which is not only offered but commanded, I want to walk through **Colossians 3:1-17**.
- You should have something in mind that you like to walk through with someone when you get to this stage in the counselling process.
 - This is the part where you are now filling the vacuum which was created when they put off their sin.
- As we go through an overview **Colossians 3:1-17** and apply it to our counselling, we will see that now the stage is set, sanctification is the goal, and we must stay the course.

The Stage is Set Colossians 3:1-4

- This is the point that you have been working towards. The counselee is ready to start training in righteousness. Looking at **Colossians 3:1**, Paul says...*Therefore*.
- This word means that now the stage is set. For the first two chapters of Colossians Paul has been diligently explaining who Christ is and who the Christian is in Christ.
- Now is when we begin what is known in the Biblical counselling world as the *put-on* phase.
- *If you have been raised up with Christ...*this “if” is not a question but rather a statement. Some have rendered it *since*, making it a fact.
- Here is the point Paul is making, ***because you have a new life, because you have been raised with Christ, because your status has now changed...you need to seek (or pursue) the things above.***
- The word for *keep seeking* is a present imperative verb.
 - That means we are to be in a *continual state* of fulfilling the command to seek the things above.

- Notice this is not *good things come to those who wait*. It is a command to be seeking. Just like Jesus said in **Matthew 6:33** “**But seek first His kingdom and His righteousness, and all these things will be added to you.**”
- The same word that Jesus uses in Matthew, Paul also uses in Colossians...a continual state of seeking.
- This is something that needs to overflow into every area of their life. If it is the promotion at work, their personal life, their married life, etc. they need to be seeking the things above.
- The *things above* would be those characteristics of Christ Himself. Because they are raised with Him, they should seek to be tender, meek, loving, patient, kind, etc.
- Only when we focus on living as new creations in Christ then we can start to really have joy in this world.
- We are to now view things in this life with an eternal perspective, not just thinking about the here and now.
- **Verse 2** starts with another present imperative verb...*set your mind*. Once again, as a new creation who has been made righteous, we are to be seeking the things above and now continually setting our mind on things above. To make the contrast, Paul says *not on the things that are on earth*.
 - You need to train your counselee to stop looking backwards and downwards and live looking upwards. The problems of the world are not going to be ultimately resolved here, but only when we appear with Christ in eternity.
- **Verses 3-4** help the believer to know that our life is not ultimately here on earth. Though we certainly live in the present, we are ultimately going to be revealed with Christ in glory.
 - This is one of the motivations to live the way that Scripture defines it. We are most certainly going to be revealed with Christ.

The Struggle is Real 3:5-9

- Paul starts with a *therefore*...because of all he just said, we are to *consider* our earthly bodies as dead.
- Following his trend, Paul uses an imperative verb here, commanding the believer to consider their bodies as dead. This is another way to say *mortify your flesh and its desires*.
 - This is a unique word that Paul uses, the only other time he uses it is when he is speaking of Abraham in **Romans 4:19** “**Without becoming weak in faith he contemplated his own body, now as good as dead since he was about a hundred years old, and the deadness of Sarah's womb.**”
 - In both instances it means *to deprive of power* and *to destroy the strength of*.
 - Essentially what Paul is saying is that our positional reality must be lived out in our practical living. In order for the counselee to have victory over the sin plaguing their life, they must come to know and act as one who must continually be killing sin in their life.
- Here is the contrast, if you are dead, then why would you want to walk in those old sinful ways any longer? You are no longer under the power of sin and can righteously chose to follow Christ.

- We are told in **Romans 8:13** “...for if you are living according to the flesh, you must die; but if by the Spirit you are putting to death the deeds of the body, you will live.”
- *There is no middle ground when it comes to sin. It brings death...the Spirit brings life.*
 - It is important to lay out for the counselee that they will sin until they are home with Christ. But they are to strive against sin because they are dead to it.
- **Verse 5** is a powerful verse for you to use on a regular basis with believers as Paul links our doctrine and our practice. ***This is their new life, dead to sin and alive to Christ.*** They have now been bought with a price and carry the solemn responsibility to honor Christ with their bodies.
 - Paul finishes verse 5 by laying out a list of sins that a believer should never be accused of because they are dead to such things.
- ***When people sin, they are doing what they desire in spite of knowing what God desires them to do. They are placing themselves on the throne and setting God aside for their own pleasures.***
- **Verses 6-7** give us two more reasons not to sin...*the wrath of God is going to come down upon us and it is not who we are.*
 - This is always God’s judgment against sin, wrath. Ultimately, those who live and die in constant rejection of God will experience his wrath fully in eternity.
 - The second reason not to sin is because we are dead to it...that life is over, and we now have a new one. These things characterize the unsaved world, not new creations in Christ.
- **Verses 8-9** Paul names off some more sins, different than the first list. Instead of emotional sins, these seem to have more to do with how we interact with one another.
- In **verse 8**, Paul starts off with another imperative verb, *put them all aside*. He is speaking of the sins which he just named off and will name.
- This is the *put-off* command here.
- As you are training the counselee in righteousness, you have to remember that you are building a case for them to understand and follow.
- They are dead to sin, they must actively, continually die to sin, if they choose not to, they are in danger of falling under the wrath of God because they are acting like their old self.
- They must put off the old ways so that they can not only prove to be children of God but also walk in the new ways prescribed to Christians.

Stay the Course 3:10-17

- After setting the stage and explaining that there is going to be a struggle, it is time to encourage them to stay the course which is set out.

- Notice in **verse 9** he says *since you laid aside the old self...* then in **verse 10** he says *and have put on the new self.* **Here is where he starts the put-ons of the Christian life.**
 - It is so important that we do not just skip to this part while counseling someone. They need to know they have sinned against God; they need to know they must repent and confess and then know they have been made new and are covered in the righteousness of Christ.
 - It is only then that they can start to reckon the old man dead and put on the new man.
- The rest of **verse 10** is really such a good encouragement for us and the person you are counseling.
 - **First**, *who is being renewed* is a passive verb. This means that it is happening to them as they are putting off the old man and putting on the new.
 - **Second**, it means they (like us) are not going to become instant spiritual and theological giants. Spiritual growth takes time, some people take longer than others.
 - The battle against the flesh will continue all throughout our life and this is one of the many things we should be looking forward to when we get to heaven.
 - As we are being renewed, it is not just some ambiguous statement of renewal. We are being renewed in a very specific way...*to a true knowledge according to the image of the One who created him.*
 - The process of our renewal brings us new knowledge.
 - Listen to **Hebrews 5:14** “**But solid food is for the mature, who because of practice have their senses trained to discern good and evil.**”
 - The writer of Hebrews makes a connection between those who are mature and their ability to discern good and evil. There is no growth in the Christian life apart from knowledge.
 - ***Therefore, in order to mature we must grow in knowledge. As we grow in knowledge, we are going to be practicing what we know. As we practice what we know, we are going to be growing in our ability to discern good and evil.***
- This simple thought pattern laid out in Scripture is key, not only for the counselee but also for us as Christians. Far too many believers stop growing and sit stagnant and their senses grow dull. ***They no longer can tell the difference between good and evil.***
 - This is one of the reasons there is homework which is assigned to people as they counsel. People must continue to read the Bible on a very regular basis so that they can build good habits and learn how to sustain themselves, without a counselor.
- **Verse 11** reminds those in the church that there are no advantages in the house of God.
 - This is important in counseling as people think that someone else has it better because of their upbringing, economic standing, or any other superficial way of judging people. As a Christian, you have **the** advantage, as Paul says, ***but Christ is all, and in all.***

- In **verses 12-17** is the practical expectations which the Lord has for believer in response to all that He has done for them. We are attempting to fill the vacuum, as it were, in their life and training them how to discipline their minds and bodies so that they will be able to withstand the attacks of the enemy and say no to sin which will come into their life.
 - Our identity in Christ is revealed by our righteous behavior.
 - Our outward behavior is proof of our inward change.
- Paul starts with the simple fact in **verse 12** that we are born again only because we are chosen of God. Now, because we are chosen of God, it also means we are holy and beloved.
 - For counseling purposes, this is huge. To be holy means that you are no longer part of the world but set apart for the Lord to use as He wills. We must be different than the world, standing out as a peculiar kind of people.
 - To be beloved of the Lord means that we are objects of His love. Even if your earthly dad did not love you or treat you with kindness, your heavenly Father most certainly does. God is not cold towards His creation but desires a relationship with us.

What does it mean to be set apart and holy?

- This is the question you should answer for your counselee...as Paul does here:
- This is the put-on section...
- **Heart of compassion**
- We often speak of fairness and having our rights, but as Christians we are called to be compassionate. One of the ways that the church has separated herself over the past 2000 years is by the treatment of people.
- In counseling, this may be hard to convey to a person, that they must show compassion on those who wrong them. But, we do have the ultimate example in Jesus Himself, having compassion on us.
- **Kindness**
- Kindness is compassion in action. If you only sympathize with someone without any action, it really does not do anyone any good.
- **Humility**
- Instead of pushing self-esteem and self-worth, we need to help our counselee be humble. The Bible already assumes we think too much and too highly of ourselves.
- We think that we are a valuable person to everyone around us and cannot wait to share how good and needed we are.
- The problem is, when we think this way and nobody affirms us, we start to whine and complain.

- Instead, we need to fully know that without Christ, we are hell bound. We deserve nothing, except to experience the full wrath of God.

- **Gentleness**

- This is also translated meekness. We are to deal with people in such a way that communicates to them that you are no better than they are.

- **Patience, bearing with one another**

- Patience is to continue on God's timetable. We do not seek out revenge or return insults for insult.
- Bearing with one another is closely related. This carries with it the idea of *putting up with someone*.
- We are so easily irritated or angered because we are not able to put up with them. The sin of anger is not the other person's fault, but the believer who chooses not to put up with someone and force their own way.
- This is, most likely, one of the most common underlying issues in counseling today. We would rather blame the other person, blame our environment or anything else...rather than just bearing with one another.

- **Forgiving one another**

- Forgiveness is not only a hallmark of our faith but also a standard which we need to adhere to. Because of Christ's forgiveness towards us, we are to forgive those who have wronged us.
- This is a difficult command for many counselees, but a command none the less.
- **Verse 14** is almost like a summary statement for the previous two verses...love one another.
 - Love will show itself in all the aforementioned characteristics. Love is what bonds us together as a church and what motivates us to keep going with one another.
- **Verse 15**, Paul puts peace, unity and thankfulness all together.
 - This peace comes from Christ, knowing that we are not under His wrath. But, we are to also to seek peace with other believers so that we can have unity.
 - We will only have peace and unity when we have thankful hearts.
 - As a counselor, we must strive for this with the people we counsel. Help them to find ways to seek out peace for the purpose of unity.
- **Verse 16** is one of my favorite verses in all the Bible.
 - All of the characteristic traits which Paul just mentioned can only come from a mind which is controlled by Scripture.
 - You need to stress that without Scripture to guide, the counselee will have no shot of living a holy and set apart life for the glory of Christ.
 - This too is another way of saying to be filled with the Spirit. The Spirit is able to guide and direct through His Word as you are taking in more and more.

- As a Biblical counselor, you must be ready to talk about anything and be able to exhort people as they come to you. You will most likely not have a week to prepare for a message but meet up with someone quickly.
- It is much more important for you to have the word in your heart so that you are able to teach and admonish one another.
- The word for *admonish* is where we find our word for counseling. To be an effective Biblical counselor, you must know the actual Bible.
- Finally, in **verse 17**, Paul puts the capstone on this wonderful section and sums it up nicely.
 - The most basic rule of the Christian life is this...do all that you do in the name of the Lord Jesus, always giving thanks.
 - Our goal, is to become more like Christ.
 - *The more Scriptures we have flowing in us, the more of Christ's characteristics can flow from us.*
 - This is encouraging to anyone you are counseling. There is always hope, but it's certainly work. The stage has been set for them, they should know the struggle which awaits them and be encouraged to stay the course, continually putting off the old man and putting on the new.