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# Revealing Lasting Solutions

- *Vision* -

*When most people come to see a counselor, it is not because everything is going great. It is because everything seems to be going wrong. They have lost a clarity of vision and need God-given help in finding direction. It is the counselor's responsibility to listen to the problems and provide counsel with lasting solutions.*

## Elijah's Dilemma

**E**lijah was a bold prophet of God, a man of faith, and a mighty servant of God. He courageously faced the wicked king, Ahab, and told him that it would not rain again until he said it would (I Kings 17:1ff). After this confrontation, God told Elijah to go to the brook Cherith. There God sent ravens to feed him bread and meat. He stayed there until the brook dried up. Then God directed him to go to the home of a widow who would feed him. However, when Elijah arrived, the widow and her son were about to eat the last of their food, even their last meal. Elijah told the woman to fix him something first. She obeyed, and God miraculously supplied meal and oil many days for the three of them. The woman's son got very sick and died, but Elijah restored his life.

After some time, God instructed Elijah to return to Ahab, the king. Elijah called and challenged the four hundred and fifty prophets of Baal. Elijah had the prophets to build

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an altar and to call upon their god, Baal, to light the fire. The prophets of Baal cried and cut themselves, but to no avail. Baal was a false god. Elijah then had an altar built unto God, and a sacrifice of a bull placed upon it. Then he had the men pour four barrels of water upon the sacrifice and the wood twice. The water even filled the trench that had been dug about the altar. Elijah boldly called upon God to send fire down from Heaven, and God answered his call. The fire consumed the wood, the sacrifice, the stones, the dust, and the water. Wow!

Elijah then proceeded to have all the prophets of Baal killed. Next, Elijah prayed and watched for rain. When his servant spotted a cloud in the shape of a man's hand, Elijah knew that God had answered his prayer. Actually, Elijah ran about ten miles to beat the coming of the rain. God sent a flood of rain in response to the words Elijah. God gave Elijah a wonderful victory.

However, when Jezebel, the wicked queen, got word that Elijah had all the prophets of Baal slain, she became furious. She sent out a decree to have Elijah killed by the same time the next day. When Elijah heard about Jezebel's decree he became extremely afraid for his life. He arose and went to Beersheba, a distance of about ninety-five miles. It had to be two hard days of travel with little rest. Elijah left his servant there and then went another day's journey into a wilderness. He came to a juniper tree and sat down. He told God that he wanted to die! He said that he had had enough! He said that he was a failure like his forefathers.

**How would you counsel Elijah at this point?** What would you do if you were God? I had someone, who was just about totally exhausted, come into my office today. The individual was so stressed that he could not think straight. I sent the individual home to rest without giving other counsel. God allowed Elijah to sleep before even talking to him. Then God sent an angel to fix Elijah some food that he could eat and rest some more. A lack of rest distorts one's ability to think clearly. I have seen people exhibit neuroses symptoms simply from a lack of sleep. Elijah slept, arose, and ate again before traveling forty days and forty nights to Mt. Horeb. Mt. Horeb represented a place where Elijah might meet with God.

At Mt. Horeb, God demonstrated His power in an earthquake, a great wind, and a fire. However, God spoke to Elijah in a still, small voice (I Kings 19:13). When people come to a counselor, they often are in a similar state as was Elijah. He was physically, mentally, emotionally, and spiritually exhausted. He was fearful and felt despair. He had become so depressed that he was somewhat suicidal. He felt that he was of no worth (no better than his forefathers). It is important that the counselor also keeps calm and speaks with a still, small voice. This will help the counselee to calm down and think more clearly. With a new counselee, I start by giving him a personal interview form to fill out.

I designed the form to help the individual to calm down and think through his problems. I also designed it to help me discern the root of his problems. When the individual completes the interview form, I lead him in a prayer to hear from God.

Next, God asked Elijah, "What are you doing here?" God already knew, but He wanted Elijah to be able to communicate his problems. I quite often ask a new client to put into his own words the reason he has come for counseling. This gives the individual a chance to unload and the counselor the opportunity to hear some of the basic issues. God also called Elijah by name. I believe that it is important to use the counselee's name in the session. It helps the counselor make personal contact with the counselee, communication-wise. I usually write the person's name at the top of my note page for my memory reference.

God didn't respond by feeding Elijah's self pity by saying, "You poor thing. You are right, everyone is against you." He didn't focus on the problem, but rather gave him some counsel. There is no such thing as non-directive counseling. Yes, a counselor is to listen and encourage the counselee to talk about his problems. He is also to lead the counselee in finding solutions. However, counseling is advising. It is not giving just another opinion about the situation. Counseling is offering God-given advice once you have heard from the individual and from God. God gave Elijah some specific things to do.

God told Elijah to go to Damascus and anoint Hazael to be king over Syria. God also instructed Elijah to anoint Jehu to be king over Israel. From a psychological view, God was getting Elijah to look beyond himself and to see the bigger plan of God. He was giving Elijah a sense of purpose in being a part of God's plan for Syria and Israel. God also counseled Elijah to anoint Elisha to one day take his place as a prophet. God was giving him an on-going ministry of training Elisha. This meant that Elijah would need to remain alive and would not be killed by Jezebel. God also encouraged him by telling him that his obedience would not be in vain. Jehu would kill those whom Hazael missed. Furthermore, any that Jehu missed, Elijah would slay. Finally, God told him that he was not alone in standing for God. God confronted him with the truth that seven thousand people in Israel had not bowed their knees to worship the false god, Baal. God's constructive counsel led Elisha to become a victorious prophet.

## **What Is Counseling?**

What does a Christian counselor do? When people come to my office for the first time, they know that they need help, but they don't usually know what to expect from me as a Christian counselor. Isaiah gives us some insight into some principles of what a counselor does. *"Who hath directed the Spirit of the LORD, or being his counsellor hath taught him? With whom took he counsel, and who instructed him, and taught him in the*

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*path of judgment, and taught him knowledge, and shewed to him the way of understanding?"* (Isaiah 40:13-14). The following discussion is not an interpretation of the passage, but application of principles.

**First**, the Christian counselor directs (*directed*). The concept here is that a Christian counselor gives judgment or weighs out a matter. Therefore, the counselor must begin by finding the pieces to the puzzle. He collects information by prayer, by questioning the individual, by researching the Word, and by listening to the Holy Spirit. The counselor must then weigh out the information against the Word of God and make a judgment by knowledge and by faith.

The Christian counselor should begin with prayer. He may spend time before sessions praying for the person that he is to counsel. In this, he should recognize that the Holy Spirit is to be the real counselor (Isaiah 11:2). He also should, in the presence of the counselee, begin the session with prayer. He may also need to stop to pray for direction during a session. He should lead the counselee in certain prayers during the session as well. He may also conclude the session in prayer for further revelation or thanksgiving of what God has done.

The counselor may use questions to gather the data needed to give the proper counsel. He may have the counselee fill out a personal interview questionnaire. This may give the counselor a running start to the first session. He may ask (1) probing questions during the sessions. He might ask, "Have you made any plans as to how you might commit suicide?" A friend teasingly joked with me about my questions by saying that I would lift the scab of a wound to find out if it is healing. I believe that probing questions are very important. The counselor may also ask (2) revealing questions. For example, he might ask, "What blind spots would your wife tell me that you have?" The counselor will ask from time to time (3) testing questions. One question might be, "If you decided to get a divorce, what effect do you think that might have upon your children?" The counselor will often ask (4) rhetorical questions. These are questions that expect an obvious answer that may not be vocalized. A rhetorical question might be, "Don't you think that God expects you to resist the devil?" The counselor should also ask (5) thought provoking questions. For example, one might ask a teenager, "How do you think God sees your attitude toward your parents?" All of these questions give the counselor insight into the thoughts of the individual. He may then compare those thoughts to what God says in His Word and give direction to the individual.

**Second**, the counselor counsels or teaches (*taught him?*). The word here means to cause to know. Jesus said, "*And ye shall know the truth, and the truth shall make you free*" (John 8:32). The counselor is to cause the counselee to know the truth and in knowing, receive freedom. For example, the counselor must cause the individual to know

that alcoholism is not a disease, it is sin. Yes, I understand that one's body may come to depend upon it; however, one must take responsibility for abusing his body and disobeying God. Until the individual sees alcoholism as a sin, he will probably do little to make a lasting change in his life.

The counselor should lay a foundation and build upon that foundation. *"Whom shall he teach knowledge? and whom shall he make to understand doctrine? them that are weaned from the milk, and drawn from the breasts. For precept must be upon precept, precept upon precept; line upon line, line upon line; here a little, and there a little"* (Isaiah 28:9-10). The counselor may begin with teaching about salvation and then move to an understanding of yielding of one's rights. The counselor may pray that God reveals to the individual an understanding of truth concerning the freedom found in the yielding of one's rights to God.

**Third**, the Christian counselor advises (*counsel*). Allow me to state it again, "There is no such thing as *non-directive* counseling." The counselor must be careful about giving opinions, for opinions are subject to correction and change. The counsel that the Christian counselor gives should be based upon the absolute truth of the Word of God. The counselor should understand and convey to the counselee the fear of the Lord. He should be assertive to give the counselee strong warnings about sinful actions and expected consequences. He should also convey faith in the promise of the blessings of God for those who are obedient.

In contrast, for example, many psychologists may say that you shouldn't spank your child because that teaches him violence. However, God's Word says, *"Foolishness is bound in the heart of a child; but the rod of correction shall drive it far from him"* (Proverbs 22:15). The Christian counselor may advise, "You should use a rod to discipline your child. Of course, the discipline should be in love and not in anger. The consequence of not disciplining your child may be that he will disrespect the authority of God. The promise of God for correcting your child is that he will not stray from the right way when he is old."

**Fourth**, the counselor is to instruct (*instructed*). To instruct means to (mentally separate) dissect in such a way that one may see all the components or pieces and how they are fitted together. This is the same concept as of *"rightly dividing the word of truth"* (II Timothy 2:15). Paul elaborates on the concept by saying, *"In meekness instructing those that oppose themselves; if God peradventure will give them repentance to the acknowledging of the truth"* (II Timothy 2:25).

The counselor needs, himself, to have a good knowledge of God's Word that he may have discernment of the life-situations of others. *"For the word of God is quick, and*

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*powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart"* (Hebrews 4:12). We should understand that the Word of God is like a surgeon's knife that divides. The counselor must be able to use the Word to instruct the counselee about how the mechanics of relationships work, whether the relationship is with God or with others.

**Fifth**, the counselor is to teach (*taught him . . . taught him*) the counselee. The basic meaning of the word *teach* is to goad with a rod. One of the greatest problems that many counselees have is that they don't know how to come to make right decisions (*path of judgment*). The counselor may use the Word of God to *goad* the individual on to the right path. He shouldn't apologize for quoting and making application of the Word, even on a repeated basis. He should understand that the Word directs one in walking in the right direction.

The counselee not only needs to know what is right, but he needs to know how to come to right, proper, and fitting decisions. The counselor may not be available to help next time, nor must he be available all the time. The counselor must teach those with whom he works to stand alone rather than being totally dependent upon the counselor. He must teach them to use the Word as a light for making decisions.

**Sixth**, the counselor must teach the counselee how to come to knowledge. The word "*knowledge*" means perception or discernment. The *counselee* must learn to be attentive and to perceive what is going on in his own life. He must learn to discern what has happened and what will happen if he thinks and acts in a certain manner. For example, he may need to see that his children are mirroring his own anger back to him. He should see that if he blesses them rather than cursing them, they will become a blessing to him.

Knowledge comes not from public education, but from studying the source of true knowledge, the Bible. "*For the LORD giveth wisdom: out of his mouth cometh knowledge and understanding*" (Proverbs 2:6). It is of utmost importance that the counselor, himself, understands how to study the Word. Then, the counselor should teach the counselee how to gain that knowledge for himself.

**Seventh**, the counselor must also counsel or teach (*shew*) the counselee the way of understanding. The same word is used here as in the second thing that the counselor does. Again, it means to cause to know. The word "*understanding*" means discretion, reason, and wisdom. Where does one get knowledge? How does one find the reasonable answer? How does one come to see from God's perspective? The counselor is to cause the counselee to know the answers to these questions.

The counselor will use inductive reasoning as Jesus did to cause the person to come to understand. He may use Biblical stories, personal experiences, and experiences of others when appropriate. He may also use illustrative stories and examples from nature. The counselor should do all this under the anointing and direction of the Holy Spirit.

## Understanding Man

Although I will cover some of the following Biblical concepts in detail later, it is important to discuss some basic principles at this time. How we see the nature of man will determine the approach we take in counseling.

Our first look at understanding man is in the book of beginnings, Genesis. *"And God said, Let us make man in our image, after our likeness . . . . So God created man in his own image, in the image of God created he him; male and female created he them"* (Genesis 1:26-27). How did God create man in His image? How did God create man to be like God? First, we should notice the use of the plural personal pronouns for God in verse twenty-six. "Let **us** make man in **our** image, after **our** likeness." Then in the next verse, the language changes to the singular pronoun of **his** to describe the unity of God and the unity of man.

Why then does the Word begin with the plural pronoun for God? God manifests Himself in three distinct persons: the Father, the Son, and the Holy Spirit. We call this truth about God, the Trinity. It is not a tritheism, the belief of three distinct gods, but a triunity of God. Although there is a host of Scriptures to support this view of the Trinity, Matthew gives one of the clearest. *"Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost"* (Matthew 28:19). John also gives us a witness of the Father, the Word (Jesus), and the Holy Spirit. *"For there are three that bear record in heaven, the Father, the Word, and the Holy Ghost: and these three are one"* (I John 5:7). Therefore, if God has three dimensions and man is made in the image of God, then man also must be a three dimensional being. In brief, the three dimensions are: the spirit, the soul, and the body. Paul clearly distinguishes each part by saying, *"And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ"* (I Thessalonians 5:23). Paul states that the **whole** is made of three parts. Even in the natural realm, we see the principle of three dimensions: height, width, and depth. A poor image of an object may give us the first two dimensions. However, a true image of an object also projects the depth of an object.

How then is man like God? Jesus said, *"God is a Spirit: and they that worship him must worship him in spirit and in truth"* (John 4:24). Man is uniquely like God in that he is a spiritual being. I see three basic truths in man being a spiritual being: the spirit is

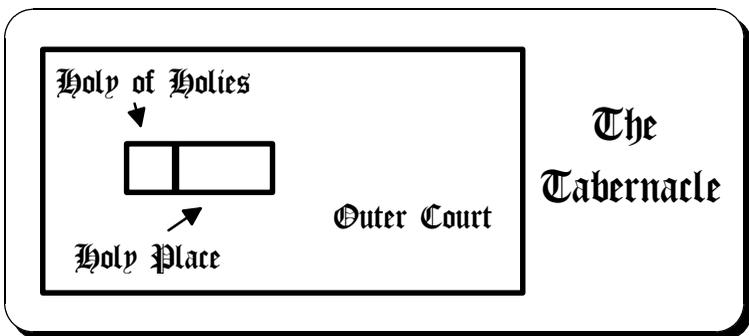
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moral, the spirit is eternal, and the spirit is the part of man that relates to God. The Word distinguishes man from other animals in that God made man a spiritual being (Zechariah 12:1). The Word also distinguishes man from the animal kingdom in that he must relate to God and be judged before by God in heaven (Ecclesiastes 3:21, John 16:8-11). We may see further evidence that man is different from the rest of creation in that God made man on the sixth day of creation (Genesis 1:26).

We may also see more evidence of the trichotomy of man in Genesis. *"And the LORD God formed man of the dust of the ground, and breathed into his nostrils, the breath of life; and man became a living soul"* (Genesis 2:7). By looking at the Hebrew word for life, we see that the word is actually *lives*. God gave man more than just a physical life. God also gave man a soul-life and a spiritual life. Some theologians argue that man is dichotomous in nature only having a body and a spirit. The problem is that Scripture does not support the view of man having only two parts. The book of Hebrews clearly states, *"For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart"* (Hebrews 4:12). The Word specifically distinguishes between the soul and the spirit. Furthermore, looking at the verse we may see three distinct parts: the flesh, the bone, and the marrow. The picture is very clear! The medical and mental health professionals see a distinction between the body and the soul (mind, will, and emotions). Many Believers see a distinction between the body and the spirit. However, the Word also makes a distinction between the soul and the spirit.

We may also see the picture of the three dimensions of man in the Tabernacle of God. Paul wrote that man is the temple of God. *"Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are"* (I Corinthians 3:16-17). Later he says that our body is the temple of God.



"What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?" (I Corinthians 6:19). From studying the Old Testament, we may clearly see that the Tabernacle was

divided into three distinct parts. There was the Outer Court, the Holy Place, and the Holy of Holies. The Outer Court is symbolic of man's flesh. The Holy Place is symbolic of the soul. In fact, the Holy Place had three major objects within it: the Table of Shewbread,

the Altar of Incense, and the Golden Lampstand. The soul also has three basic parts: the mind, the will, and the emotions. Finally, the Holy of Holies is symbolic of the spirit of man. The Ark of the Covenant rested in the Holy of Holies. On top of the Ark of the Covenant was the Mercy Seat that was the throne of God. Christ also is seated upon his throne in the spirit of the Believer.

Jesus also gave us a picture of man being like a seed. *"Verily, verily, I say unto you, Except a corn of wheat fall into the ground and die, it abideth alone: but if it die, it bringeth forth much fruit. He that loveth his life shall lose it; and he that hateth his life in this world shall keep it unto life eternal"* (John 12:24-25). Although we will look at this in detail later, we should see that a seed has three parts: the outer shell, the meat, and the life germ. Man also has an outer shell, his body. The meat is symbolic of the soul, and the life germ is symbolic of the spirit of man.

Finally, we may see the trichotomy of man in the Star of David. *"I Jesus have sent mine angel to testify unto you these things in the churches. I am the root and the offspring of David, and the bright and morning star"* (Revelation 22:16). Jesus is the God-man, that is, He is God and he is man. In the Star of David, we find two triangles (three sided shapes) that are interlocked. The top one represents God: the Father, the Son, and the Holy Spirit. The bottom one represents man as having a spirit, soul, and body.

I emphasize the trichotomy of man because how you view man determines how you see yourself and what counsel you may give to others. I have discovered that those who do not understand that man has three distinct parts usually become confused about who they are. The first major area of confusion comes with what happens to man because of sin. When Adam sinned that day in the beginning, what died? The answer is that the spirit of Adam died. If his soul and spirit were the same thing, then Adam could not think, feel, or make any decisions after he sinned. Through the understanding that man's spirit dies as a result of sin, we can understand why the carnal man (flesh-centered) can not receive the things of God. This also explains why it takes the Word and the reproving of the Holy Spirit to bring one to see that he needs Christ. Statistical information or emotional appeal will not lead one to Christ. The person who desires to evangelize must depend upon the anointing of the Holy Spirit to witness. Therefore, the counselor that understands the trichotomy of man will be more apt to depend upon the Holy Spirit in counseling, recognizing that he must have spiritual as well as psychological discernment.

The second area of confusion arises over what happens in conversion. If the soul and the spirit of the Believer are the same thing, and he sins, what happens to him? Either the Believer loses his salvation or God winks at the sin. If he can lose his salvation, he will because it only takes one sin. Then how can he regain the salvation that he has lost? Therefore, one who follows this line of thought becomes very performance oriented. The

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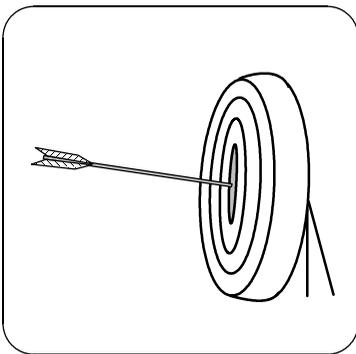
individual usually becomes very legalistic in his views and very judgmental of others. The counselor who takes this view may become very strict and critical of his counselees.

In the second case, where one believes that God winks at the sin by some grace of God, the individual may become morally lax. I have heard Christian say, "Well, we are just human." The counselor who takes this view may be reluctant to hold his counselees accountable for their actions. However, the individual who understands the trichotomy of man can understand that conversion (the new birth) takes place within the spirit of man. Therefore, when he sins within his soul, he does not lose his salvation, but faces the loving discipline of his heavenly Father. Furthermore, the person who understands the trichotomy of man will not normally be judgmental of others, but will show more mercy and compassion toward those that fall into the deceptions of the enemy. The counselor that understands the trichotomy of man will also understand the discipline of God and, therefore, hold his counselees accountable for their thoughts, attitudes, and actions.

In conclusion, through the understanding of man being a trichotomy, we can better understand the salvation of each part. Man's spirit is saved (made alive) when he comes to believe (makes a faith commitment unto) upon Jesus as his Lord and Savior (Acts 16:31). Man's soul is being saved through obedience (I Peter 3:21, James 1:21). Man's body shall be saved (changed) at the resurrection (I Corinthians 15:42-44).

### Effective Counseling

**First**, effective counseling is to be Jesus-centered. David declared, "*Thou shalt guide me with thy counsel, and afterward receive me to glory*" (Psalms 73:24). He also stated, "*There is no wisdom nor understanding nor counsel against the LORD*" (Proverbs 21:30). Therefore, in a general sense, all good counseling must come from the LORD. Secular counseling does not entertain this view and often forbids or opposes this view. Furthermore, the life, death, burial, resurrection, and ascension of Jesus must be the grounds for counsel. His life is our example. His death is our victory over sin. His resurrection is our assurance of new life. His ascension is our basis for victory over the enemy. The counselor's only hope in counseling is for the Spirit to intervene in the life of the counselee. When the Spirit of God intervenes, miracles occur, and God changes the lives of the counselees.



**Second**, effective counseling is to be Scriptural. Paul tells us that the Word is the basis for doctrine, for reproof, for correction, and for instruction in right living (II Timothy 3:16). David said, "*Thy testimonies also are my delight and my counsellors*"

(Psalms 119:24). Secular counseling depends upon experience. This experience has no absolutes and is often misleading. It is largely dependent upon interpretation by the counselor. However, the Bible is our instruction manual. It is our guide for life. Things go wrong when one fails to follow the manual. James declares that we are to receive the engrafted Word that is able to save our souls (mind, will, and emotions) (James 1:21).

**Third**, effective counseling is to be spiritually inspired. Secular counseling, in contrast, is dependent upon what is common knowledge among professionals. Solomon, in a dream, asked for wisdom, and God gave it to him (I Kings 3:9, 12). God also promises to give us wisdom. *"If any of you lack wisdom, let him ask of God, that giveth to all [men] liberally, and upbraideth not; and it shall be given him"* (James 1:5). **Wisdom is the ability to see from God's perspective.** However, one must not only see from God's perspective, one also must be able to communicate what God wants communicated. Therefore, one must be filled with the Holy Spirit. The counselor needs to be like Stephen. *"And they were not able to resist the wisdom and the spirit by which he spake"* (Acts 6:10). Good counseling should have Isaiah 11:2 as a motto.

**Fourth**, effective counseling should be discerning. The enemy may appear as an angel of light (II Corinthians 11:14). The counselor should test the spirits (I John 4:1). I had a counselee who thought he heard God in seeking to give counsel to another person. He told a lady that God had told him that she should marry a certain man. The problem was that both she and the man were already married, but not to each other. Secular

**And the spirit of the LORD shall rest upon him,  
the spirit of wisdom and understanding, the  
spirit of counsel and might, the spirit of knowl-  
edge and of the fear of the LORD.**

counseling has no means of spiritual discernment. It has no means of dealing with demonic spirits. However, the Christian counselor may bind evil spirits, tear down strongholds, and cast out the spirits.

**Fifth**, effective counseling should be judged for accuracy. I know of secular counselors who become a god unto themselves. They may give the weirdest counsel without personal accountability. The Word says, *"Where no counsel is, the people fall: but in the multitude of counsellors there is safety"* (Proverbs 11:14). There should be no "Lone Rangers" in counseling. Most counselors have some blind spots that are seen by

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others, but not by themselves. The enemy also is more likely to attack the lone sheep. Those in counseling should be willing to submit to counseling themselves if needed.

**Sixth**, effective counseling is mature. We should heed the warning from Scripture. Rehoboam turned the people of Israel against him because " . . . *he forsook the counsel which the old men gave him, and took counsel with the young men that were brought up with him, that stood before him*" (II Chronicles 10:8). Mature counsel also knows when to feed milk and when to feed meat (I Corinthians 3:2 and Hebrews 5:12). Mature counsel has learned to discern between good and bad (Hebrews 5:14). Mature counsel is stable (Ephesians 4:13-14) and exemplifies the counsel of Christ. The result of spiritually mature counsel is that the counselees learn the difference between what is right and what is wrong. They repent and receive freedom. Secular counseling often deals with the symptoms rather than dealing with the root problems of rebellion, greed, and pride.

**Seventh**, effective counseling is progressive. God does not always answer us when we ask. "*And Saul asked counsel of God, Shall I go down after the Philistines? wilt thou deliver them into the hand of Israel? But he answered him not that day*" (I Samuel 14:37). Sin blocks the receiving of God-inspired counsel. Sin in the life of the counselee also may block the counselor from giving progressive counsel. The counselor always desires that the counselee makes progress. However, when the counselor discovers a wall of resistance in the counselee, he may be unable to give the counsel that he would like to give until that wall is torn down. God may say, "Do what I have told you to do before I give you any more instructions." Christian counseling is to address the wall of resistance in love and with spiritual authority. In contrast, secular counseling often has poor ethics and rudeness that may hurt many people.

**Eighth**, effective counseling is to be conviction based. Secular counseling tends to rationalize away sin. Paul said, "*Preach the word; be instant in season, out of season; reprove, rebuke, exhort with all longsuffering and doctrine*" (II Timothy 4:2). The primary reason that most people need counsel is that they, in some way, have not obeyed God or have not been taught to follow the Spirit. An effort to live by our own abilities and reject the grace of God is to live in sin and bring judgment upon ourselves. Therefore, the counselee must come to see the roots of sin before he can get very far on the road to recovery.

**Ninth**, effective counseling needs to speak the truth in love. The truth should bring conviction and repentance. "*For godly sorrow worketh repentance to salvation not to be repented of: but the sorrow of the world worketh death*" (II Corinthians 7:10). Paul declared that he had a clear conscience before God and man (Acts 24:16). Once one receives a clear conscience, he can see clearly to make a stand. David said, "*He shall not be afraid of evil tidings: his heart is fixed, trusting in the LORD*" (Psalm 112:7). Paul

declared, ". . . for I know whom I have believed, and am persuaded that he is able to keep that which I have committed unto him against that day" (II Timothy 1:12). He also exhorts us, "Therefore, my beloved brethren, be ye steadfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord" (I Corinthians 15:58).

**Tenth**, effective counseling must be prayer-centered. Few secular counselors begin a session with prayer or pray during a session. However, when Christian counselors pray, God often brings to the surface the real issues. When Christian counselors pray, counselees receive deliverance, healing, and direction for their lives. When counselees pray they may receive forgiveness for their sins, eternal life, and confidence that God will continue to work in their lives.

**Eleventh**, effective counseling must deal with the whole person (spirit, soul, and body). We need to realize that each of these areas is interrelated. Although, secular psychological counseling may address the issues concerning the body and the soul, it can not address the area of the spirit. However, when spiritual issues are dealt with, the other areas are dramatically affected. John wrote, "*Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth*" (III John 1:2). When one confesses bitterness as sin and forgives the offender, then depression may leave and the symptoms of arthritis may also disappear. When one turns worry over to the Lord, then the confusion leaves and the stomach trouble leaves.

**Twelfth**, effective counseling must incorporate the portion of truth found in secular forms of counseling. Our past does play a part in our lives as *psychotherapy* advocates. There is a need to confront some counselees with reality as *reality therapy* expresses. There is a need for adults to treat others with respect as *transactional analysis* says. There is a need to teach people that there is a consequence for their actions as *behavior modification* teaches. There is a need to understand and take responsibility for our behavior as *rational emotive therapy* advocates. We need to encourage people to find for themselves the answers to their problems as *client centered therapy* expresses. Effective counseling should incorporate all truth no matter where it is found, but test concepts and methods by the Word and Spirit of God. Furthermore, any truth taken to the exclusion to other truths becomes a lie.

## Characteristics Of A Good Counselor

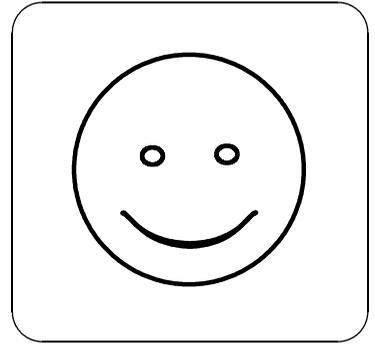
**First**, a good counselor should be open. Counselees can read us as well as we can read them. A counselee will often put out test information at the first to see how we will respond to the test. If we beat around the bush with them, they may continue to conceal their real hurts. However, if we can share some of our failures as well as our victories,

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then they may feel more free to share their struggles. Hurting people hurt people. This also applies to counselors. Paul states, *"And herein do I exercise myself, to have always a conscience void of offense toward God, and toward men"* (Acts 24:16). For the counselor to be open, he must have his own issues settled.

**Second**, a good counselor must exhibit an unconditional love toward the counselees. A friend brought a co-worker of his to me for counseling. His friend was on cocaine and not a Christian. He came into my office as skittish as a lizard near an ant hill. I assured him that I was willing to work with him. During the first session, I was able to lead him to the Lord and welcomed him as a brother in Christ. I gave him an embrace at the close of the session. He could not believe that anyone could care for him. During the next few sessions, I tried to build him up in who he was in Christ. He did very well for several weeks and dropped the drug habit. However, an old friend drew him back into taking the drug again. When he returned to the next session, he thought that I would be mad at him and throw him out of counseling. However, I just tried to encourage him and show him how to resist the enemy. Again, it was difficult for him to believe that I would still love him. He dropped out of sight for several months which hurt my friend who brought him to me. Then one day, he called my friend from another state declaring that he had met a minister and that this minister had reached out to him and helped him. It had been months since he had taken any drugs. He was getting involved in ministering to others.



**Third**, a good counselor must have a non-controlling attitude. Many people who come for counsel are victims of those who are aggressive, abusive, controlling people. They don't need another person to try to control their lives. They do need someone who will teach them how to submit their lives to the Lord and to hear and obey His voice. The more godly decisions that the counselee can make for himself, the stronger he will become. Initially, the counselor may, at times, need to be strong in pressing for a right decision. However, the counselor will need to wean the counselee over a period of time and not make the counselee totally dependent upon him. The counselee needs to learn to become assertive. He needs to learn to resist the enemy for himself.

**Fourth**, a good counselor needs to be trustworthy. This means that he is to keep the material covered in confidence. Notes of sessions should be kept locked up. The counselor should avoid comments to others that could be construed as gossip or slander. The counselor should reveal only the material that he has permission to reveal. Exceptions are cases where crimes are involved and proper authorities need to be notified. In such cases, the counselee needs first to be encouraged to clear his own conscience.

Parental authorities may need to be notified in some cases. The counselor may need to inform a child in advance of what the counselor must share with the child's parents. The counselor should not make promises that he is not willing to keep.

**Fifth**, a good counselor should have a good listening ability. He should learn to hear what the counselee is verbally saying, hear what he is actually communicating, and hear what the Holy Spirit is saying about the situation. Too often an inexperienced counselor jumps to a conclusion before hearing all the facts. I begin a session with prayer, usually asking for a fresh anointing upon my ears to hear from the counselee and also from the Holy Spirit. It is good also to reflect back to the counselee periodically during a session what you believe that you have heard from him. Quite often the counselee is not honest in his communication. He will lead the counselor on a wild goose chase to avoid the real issues. At this point the counselor may need to confront the counselee directly.

**Sixth**, a good counselor needs to be prayer warrior. He needs to rely upon the Holy Spirit, who is the real counselor (Isaiah 11:2, Luke 4:18-19). A good counselor needs to begin the session with prayer. A good counselor may stop at various times during the session and pray. He may need to lead the counselee in prayers of salvation, repentance, forgiveness, praise and thankfulness, or commitment.

**Seventh**, a good counselor needs to have the ability to affirm. Some counsees have great difficulty in believing that God would ever receive them. Others have a problem in believing that God would ever forgive them. Others have difficulty in accepting answers to their prayers. The counselor should be able to accept and encourage the counselee whenever possible.

**Eighth**, a good counselor needs to have patience. There is always the temptation to run ahead of God and the counselee. There is a temptation to become frustrated when one does not see immediately the results of his counseling. There is a temptation to push or press for immediate healing and freedom. The counselor must relax and trust that God knows what He is doing with the counselee. This will help the counselee come to accept the love and acceptance of God in his life.

**Ninth**, a good counselor must have the ability to probe. Questions must be precise and not too general in nature. The counselor should design questions to bring forth the truth. Questions should be brief and not too lengthy. The counselor should design questions to allow the counselee to express how he feels or understands or believes. Counselors also should design questions to bring forth conviction and confession. Counselors should word questions to lead people gently in the proper direction.

**Tenth**, a good counselor should be aware of his limitations. He should not counsel over his head. He should not give medical advice without being licensed in that field. He

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should not counsel one to quit taking medication. He should not try to handle someone who is totally out of control and violent. He should be willing to refer when necessary. I have had to call the police (911) for someone who left my office in a suicidal rage. I have had to refer someone who was in a psychotic mode. Some people also work better with some cases than they do with others. One may work better with young adults and adults than children. One should also pray earnestly before taking a difficult case or one that may extend over many months or years.

**Eleventh**, a good counselor must be Scripturally oriented. Paul writes, *"All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: That the man of God may be perfect, thoroughly furnished unto all good works"* (II Timothy 3:16-17). On the basis of this scripture, the Bible contains all that one needs for counseling. The enemy takes many people captive. They need the Word to be set free. Jesus said, *"And ye shall know the truth, and the truth shall make you free"* (John 8:32). The counselor is to instruct the counselee in the Word. Paul writes, *"In meekness instructing those that oppose themselves; if God peradventure will give them repentance to the acknowledging of the truth; And that they may recover themselves out of the snare of the devil, who are taken captive by him at his will"* (II Timothy 2:25-26). You will see this Scripture repeated throughout this book.

**Twelfth**, a good counselor is to be assertive. Proverbs 7:6 says, *"Faithful are the wounds of a friend; but the kisses of an enemy are deceitful"* (Proverbs 27:6). The counselor is to speak the truth in love. The counselor may need to confront the counselee with the truth. This may be a new experience for the counselee. Although the counselor may not know how the counselee will respond to the truth, the counselor must realize that he is answerable to God for what counsel he gives or fails to give. The counselor must be prepared to be rejected. Demonic spirits also may confront the counselor during a session. The counselor must understand who he is in Christ.

**Thirteenth**, a good counselor must have discernment. In general, the counselor, in love, is to accept the word of the counselee as being true unless he is given reason to believe otherwise (I Corinthians 13:7). However, he is to discern prayerfully when the counselee is truthful and when he is not. He also must discern any activity of demonic spirits. Demonic spirits may manifest themselves through the mind, will, emotion, or the body of the counselee. Evil spirits also may cause outside interruptions.

**Fourteenth**, a good counselor must know that he is called to this ministry. If the counselor is not convinced that he is called to the ministry, he probably will give up or become hostile if the counseling becomes difficult. Your counseling ministry also needs to be submitted under another authority. God works through authority. The authority

serves as a check to protect the counselee from irresponsible counsel and provides a source of correction for the counselor.

## Philosophy Of Counseling

Everyone from child to adult has his own understanding of what he perceives to be the truth. Psychology gives a theory of learning called **constructs**. This concept is very close to the Biblical view, "*For precept must be upon precept, precept upon precept; line upon line, line upon line; here a little, and there a little*" (Isaiah 28:10). The idea is that we start with some basic precepts based upon what we have perceived to be truth, then build upon them through association, categorization, and projection.

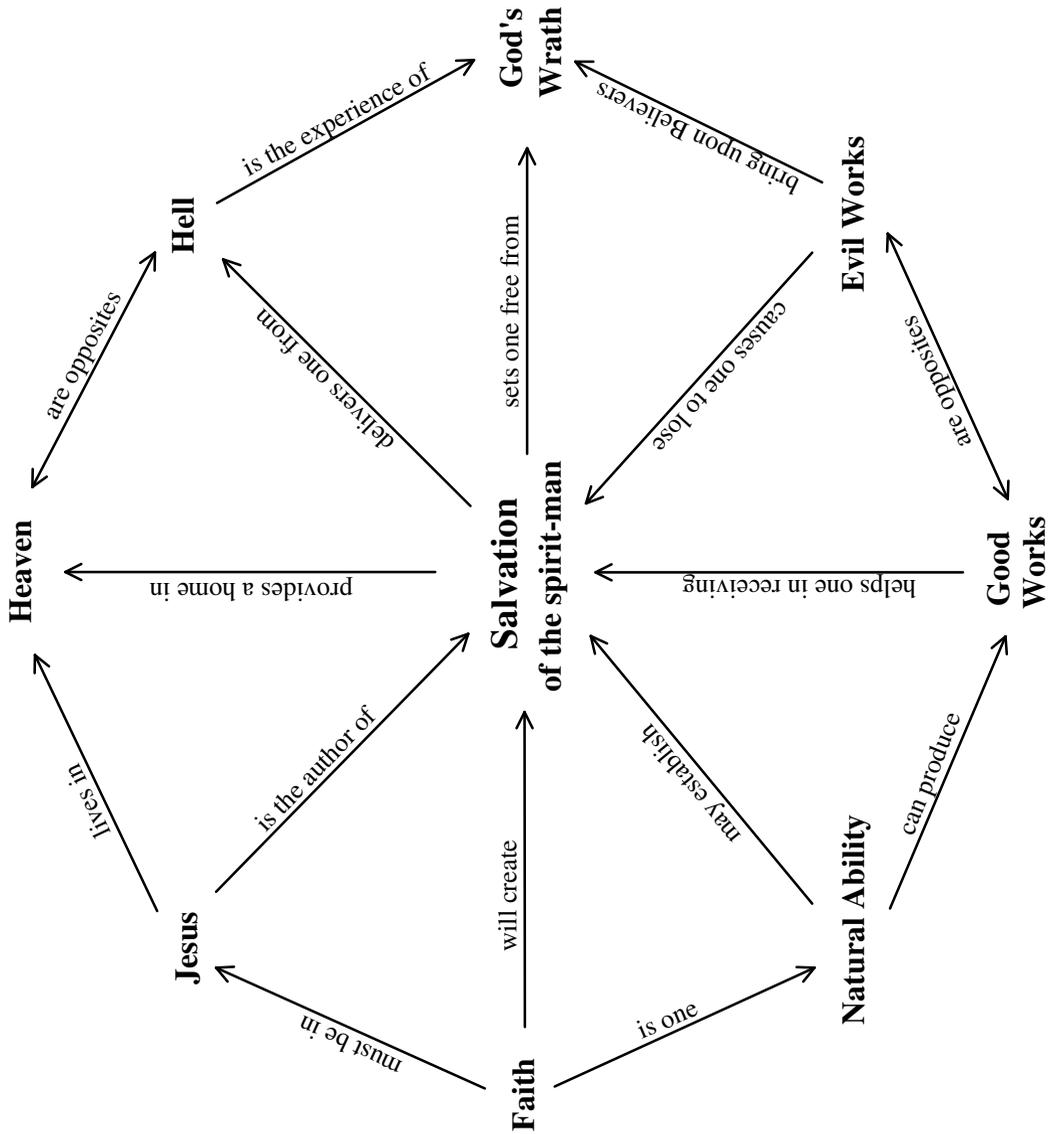
For example, we may start with the word **red**. Someone may tell us that what we see is the color red. By association we may mentally connect other concepts or ideas with the color red. A good way to illustrate this is to get someone to play a word association game with you. You say, "Red", and the other person might say, "Fire truck." Why? It is the way the other individual has associated the two ideas in his mind. We might also associate others words to the word **red** such as *color, coat, sexy, hot, and wine*.

There are several factors involved in this reasoning process. The first factor is that of perception. Perception is the ability to sense in the physical realm (seeing, hearing, tasting, smelling, and feeling) and in the spiritual realm. If one has poor vision, he may misinterpret what he sees. Therefore, the capacity for exact perception may vary from one person to the next. In the spiritual realm, a person ridden with guilt may have difficulty perceiving God's mercy and grace. A person who is spiritually dead can not perceive the things of God. Second, there must be a baseline for truth. God has given every man His Law within his heart by which to judge truth. He has also given a witness of truth in nature and in the heavens.

However, third, we have a choice to accept the truth or to reject it. Let's say that someone comes along when you are two years old and says that the color that you see is green and not red. The individual repeats over and over, "This color is green." You hear it so many times that you come to believe it. It registers in your mind that the color is green. The color did not change, but your construct began to change. You began to have *green* fire trucks and *red* grass. Then if you have someone to tell you that the fire truck is *red*, you might get into a heated argument with him. If someone tells you to go out under the **red** "Exit" sign, you may never find it.

The devil, who is a liar, along with lust of the flesh and the world have come into the lives of many people and told them that the color of **green** is actually **red**. Allow me to illustrate the point. The world and the flesh come along to tell many people that the

**Can you spot 6 wrong constructs?**



The answers are on the next page

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unborn child is not really a child, but just a fetus. The conclusion is that it is permissible to abort it. Wrong precepts lead to wrong constructs that lead to wrong actions.

### ANSWERS

1. Faith is not a natural ability, but it is a spiritual gift from God.
2. Natural abilities can not effectively produce good works, but faith in Jesus does.
3. Good works do not help in salvation, for one is saved by Grace alone.
4. Evil works do not cause one to lose his salvation, for nothing can change it.
5. Evil works in the Believer do not bring God's wrath, but His loving discipline.
6. Man is not saved through his natural ability (mental or emotional), but God's work saves.

Let's take the concept of *god*. There may be various precepts about the concept of god. One may be that there are many false gods, but one true God. Another precept may be that God is the creator. So far, this sounds pretty good. However, what happens if one comes to believe that God is Satan? Then, other constructs must follow. He will also believe that Satan is the Creator. He may also construe that Satan has all power and that Satan is worthy of worship. When someone tells the individual about Jesus, then he may conclude that Jesus is his own personal enemy. These may well be the constructs of a Satanist. This demonstrates the importance of having correct precepts and correct constructs built upon those precepts.

How does one acquire the wrong precepts and wrong constructs? It begins with entertaining wrong thoughts! I have already mentioned the sources of wrong thoughts: the devil, the flesh, and the world. There are many VFH and UFH signals that are accessible through you TV receiver. However, you have the choice of which signal you receive! Our minds are bombarded continually with thoughts, both good and evil. We also have a choice to whether we entertain or reject the thoughts that come to our minds.

Please note that each of the wrong constructs on the previous page are related one to the other. Taking the one wrong construct that evil works cause one to lose his salvation, we may see some severe consequences. This construct causes one to focus on evil works rather than upon doing good works. When one's focus is upon evil, it sets a stage for one to fall into the very sin that he has purposed to hate. The fall will produce guilt and self condemnation which may lead to depression and fear. It also sets the stage for being judgmental of the works of others. In a husband and wife relationship, this may cause the couple to become highly critical of each other. Neither will have positive attitudes about themselves. These critical attitudes will probably spill over upon their children.

As we begin to allow wrong thoughts through the mind gate, we begin to develop wrong

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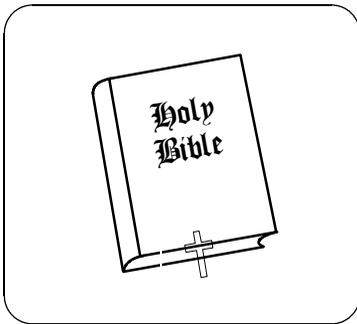
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precepts and then develop wrong constructs. These wrong constructs lead to dysfunctional relationship with God and others. They may also result in mental, emotional, and physical problems. Financial success may well turn to failure.

If someone has wrong precepts that have led to wrong constructs and wrong decisions, then naturally, he will face all kinds of difficulties in his life. Where then can he find the right precepts, understand the right constructs, and know what the right actions should be? Where does one find the truth? What is truth? From a world perspective, there is no real absolute truth. However, from God's perspective there are some absolutes.

### Using The Word In Counseling

It is important to establish all ministry upon the Word of God. I often have people ask me, "What kind of counseling do you do?" A portion of my response is that my counseling is Biblical counseling. Many of the people that I counsel have already been



through the secular system of counseling and have received little or no help. They are looking for something different. Jesus began his ministry with Luke 4:18-19 that was a quotation from the Old Testament. *"The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the broken-hearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised, To preach the acceptable year of the Lord"* (Luke 4:18-19).

Therefore, it is important to share the Scripture and to share the scriptural principle before entering into specific ministry. This gives the basis for that ministry and faith for the counselee to receive that ministry. For example, if one is to minister inner healing he would use such scriptures as Luke 4:18, Isaiah 53:1-6, and Ezekiel 36:26. If one is to minister the forgiveness of sins, he might use Isaiah 1:18 or I John 1:9. If one is to minister the breaking of generational curses, he might use Galatians 3:10-14.

I also request that the counselee bring his Bible with him to each counseling session. The counselee needs to see the Scripture for himself and not just take the counselor's word of about what the Bible says. The counselee also needs to learn to use the Bible for himself. When the enemy comes in like a flood the counselee needs to learn to resist the enemy with the Word of God as Jesus did (Matthew 4:1-11).

Recently, the Lord had me to reinstitute the practice of having the counselee memorize at least three verses per week. This helps the counselee engraft the Word. It gives the counselee a sense of accomplishment. It also is an act of obedience to God's Word. God's Word says, *"Therefore shall ye lay up these my words in your heart and in your soul, and bind them for a sign upon your hand, that they may be as frontlets between your eyes"* (Deuteronomy 11:18). Therefore, the counselee senses God's approval when he memorizes scripture. Furthermore, Scripture memorization brings revelation and direction.

The counselor may also give scriptural handouts. Scriptural handouts are studies done based upon Scripture or a listing of verses on a specific topic. For example, one may have a study on suicide or anger. One may list scripture verses on the topic of who we are in Christ. One may give a scriptural study of clearing the conscience. I find this is very effective for those who will read and study through them. It takes years for a good counselor to research and memorize and learn to apply Scripture. Yet, sometimes the counselor expects the counselee to receive all that has been ministered to him in an hour. Therefore, the handouts give strong reinforcement to what a counselor covers in a session. It is a way for the counselee to check to see if what the counselor is saying is true or not. It also gives the counselee a basis for further review and study.

The counselee has already been exposed to many different opinions. The counselee may often be confused, mixed up, and frustrated because of all the different views. Therefore, the counselee needs some absolutes in his life. *"Praise ye the LORD. Blessed is the man that feareth the LORD, that delighteth greatly in his commandments . . . Surely he shall not be moved for ever: the righteous shall be in everlasting remembrance. He shall not be afraid of evil tidings: his heart is fixed, trusting in the LORD"* (Psalms 112:1, 6-7). The counselee needs the Word to bring a sense of security into his life. He needs a foundation upon which to build his life.

Since Christian counseling is directive by nature, the counselor needs to establish the directives upon the Word. If the counselor is directing the counselee to receive forgiveness, then he should use scripture to support that directive of action. *"Therefore if thou bring thy gift to the altar, and there rememberest that thy brother hath ought against thee; leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift"* (Matthew 5:23-24). If the counselor is directing the counselee not to get a divorce, the counselor might use such scriptures as Malachi 2:16, Matthew 19:6, and I Corinthians 6:1.

Knowledge of the Word brings freedom (John 8:32). Study of the Word brings approval of God (II Timothy 2:15). Revelation of the Word brings understanding to the simple (Psalms 119:130). The receiving of the Word brings salvation to the soul (James

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1:21). The hearing of the Word brings faith to receive from God (Romans 10:17). Obedience to the Word brings the blessings of God (Deuteronomy 28:1-2). Meditation on the Word brings prosperity and success (Joshua 1:8). We can continually praise God on a regular basis because God's Word is right. *"For the word of the LORD is right; and all his works are done in truth"* (Psalm 33:4).

Furthermore, singing the Word brings joy (Psalms 67:4). Abiding in the Word brings answers to our requests (John 15:7). Praying the Word gets God's attention (Psalms 119:170). The Word brings healing (Psalms 107:20). Ministering the Word brings reconciliation (II Corinthians 5:19). Reading the Word brings a blessing from God (Revelation 1:3). Application of the Word effects change (Roman 12:2 and Psalms 19:7). The Word is our assault weapon against the enemy (Ephesians 6:17). Following the Word gives direction (Psalms 119:105).

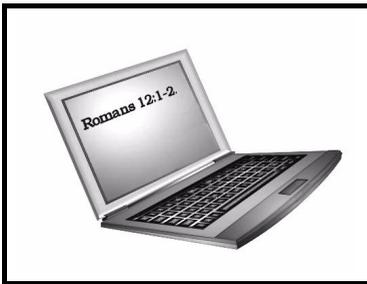
### **Reprogramming**

We are much like a giant computer that must have a certain amount of programming to function. Our genes are formatted to form certain physical characteristics even before we are born. The programming of our mind, will, and emotions begin even while we are in the womb. Let me pause to say that programming does not eradicate the fact that we have a free will, but it largely influences the will. We may get programming from almost anywhere: from parents, in-laws, peers, TV, books, school, radio, magazine, newspapers, and even from church. If we have heard "you are no good" often enough, especially from those we consider to be important, authorities, then we come to believe it. In time we may take on the identity of being *no good*. There are two important principles in programming. One principle of programming is the use of (1) **REWARDS** such as physical rewards (food, touch, and comfort), affection or honor, money or other valuables, and promise of rewards. Another principle of programming is that of (2) **PUNISHMENT** such as physical beating, torture, mental combating, emotional abuse (withdrawal of affection), and suppression of the will (critical of all decisions). The Word speaks to both principles. God's Word gives us many promises that we may receive through faith and obedience. It also warns us of certain consequences for doubt and disobedience.

In programming a computer, if one has a program on a computer that is misprogrammed, it must be deleted or overwritten with correct information. One must confront the lie with the truth. Jesus said, *"And ye shall know the truth, and the truth shall make you free"* (John 8:32). The counselor must confront the wrong precepts and concepts with the truth. We should use the Word of God to overwrite the wrong concepts. David declared, *"Wherewithal shall a young man cleanse his way? by taking heed thereto according to thy word"* (Psalms 119:9).

The computer programmer must also reprogram using the correct information. David said, *"Thy word have I hid in mine heart, that I might not sin against thee"* (Psalms 119:11). James, the New Testament writer, said, *"Wherefore lay apart all filthiness and superfluity of naughtiness, and receive with meekness the engrafted word, which is able to save your souls"* (James 1:21). Both writers use similar ideas of reprogramming of the mind with the Word of God. Paul also wrote, *"And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect will of God"* (Romans 12:2). Paul was saying, "Don't let the world put you into its mold. Reprogram your mind that you may recognize the reality of the good, acceptable, complete will of God."

The concept of authority is involved in reprogramming as well as in programming of the life of an individual. Peter gives some good counsel to counselors by saying, *"Neither as being lords over God's heritage, but being ensamples to the flock"* (I Peter 5:3). The authority of a life speaks louder than words. The author of the book of Hebrews looks at the other side of the coin. *"Obey them that have the rule over you, and submit yourselves: for they watch for your souls, as they that must give account, that they may do it with joy, and not with grief: for that is unprofitable for you"* (Hebrews 13:17).



There are at least ten methods of reprogramming. The **first** method of reprogramming is visualization. One should use their imagination in a positive sense. *"And the LORD said unto Joshua, See, I have given into thine hand Jericho, and the king thereof, and the mighty men of valour"* (Joshua 6:2). The key word here is **see**. Joshua was to visualize that the city of Jericho was already conquered. God used the same idea to help Abraham in his faith. *"And he brought him forth abroad, and said, Look now toward heaven, and tell the stars, if thou be able to number them: and he said unto him, So shall thy seed be"* (Genesis 15:5). Abraham was to visualize his descendants being in number as the stars. I encourage those that I counsel to see themselves as a new person in Christ, capable of hearing and obeying God's voice by His grace.

The **second** method of reprogramming is dramatization. This area may deal with the emotions and physical senses. Before God spoke to Elijah in a still, small, voice, He got his attention by sending a wind, an earthquake, and a fire (I Kings 19:11-12). On the Day of Pentecost following the resurrection of Jesus, God brought miracles, wonders, and signs proving that Jesus was acceptable. *"Ye men of Israel, hear these words; Jesus of Nazareth, a man approved of God among you by miracles and wonders and signs, which God did by him in the midst of you, as ye yourselves also know"* (Acts 2:22). Later the church prayed for miracles to be done demonstrating the Gospel (Acts 4:30). Paul told of

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the power of the preaching of the Gospel by saying, *"And my speech and my preaching was not with enticing words of man's wisdom, but in demonstration of the Spirit and of power"* (I Corinthians 2:4). It is not uncommon that the Holy Spirit demonstrates in a miraculous way His power during a counseling session. The Holy Spirit will give me an illustration to share with the individual and the individual will respond, "I was just thinking about that just this morning." Mark explains the concept by saying, *"And they went forth, and preached every where, the Lord working with them, and confirming the word with signs following. Amen"* (Mark 16:20).

The **third** method of reprogramming is reasoning. This area deals with the mind and curiosity. God spoke to Moses out of a burning bush (Exodus 3:2-3). The bush was burning but was not consumed. It didn't make normal sense. However, when God spoke out of it, it made perfect sense because God is a god of miracles. Isaiah gives us another good example. God said, *"Come now, and let us reason together, saith the LORD: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool"* (Isaiah 1:18). From a natural point of view, this would be impossible, but with God all things are possible. I may challenge a couple to reason how God could put their marriage back together.

A **fourth** method of reprogramming is that of hearing, both physical hearing and spiritual hearing. Paul wrote, *"So then faith cometh by hearing, and hearing by the word of God"* (Romans 10:17). I like the passage where Ezra and the other scribes read from the Law. *"So they read in the book in the law of God distinctly, and gave the sense, and caused them to understand the reading"* (Nehemiah 8:8). The counselor should read and quote passages in such a way that the counselee hears and understands them clearly.

A **fifth** method of reprogramming is meditation. Meditation is turning the truth of God's Word over and over in the mind as a sheep would chew the cud. *"This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success"* (Joshua 1:8). The counselor should encourage those whom he counsels to both memorize and mediate upon the Word. God promises prosperity and success for those who will do this. *"Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the LORD; and in his law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper"* (Psalm 1:1-3).

A **sixth** method of reprogramming is using repetition. In Psalm 136, David repeats the phrase "For his mercy endureth forever" twenty-six times. In the Gospels (Matthew,

Mark, Luke, and John) an event may be repeated two, three, or even four times. Why? It is so that we may learn it, understand it, and apply it to our own lives. Singing songs is a means of using repetition and of also incorporating the principles of music into reprogramming. *"Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord"* (Colossians 3:16). Scripture that is set to music is one of the best ways to learn the Word. Moreover, when we learn the Word it begins to have a dramatic effect upon our lives.

A **seventh** method of reprogramming is physical action. After God told Abram that he would have many descendants he said, *"Neither shall thy name any more be called Abram, but thy name shall be Abraham; for a father of many nations have I made thee"* (Genesis 17:5). God gave Abram something to do to remind him of the promise that God had given to him. God also told Joshua, *"Every place that the sole of your foot shall tread upon, that have I given unto you, as I said unto Moses"* (Joshua 1:3). The very act of walking through Canaan was to remind Joshua (program his mind) of God's promise. There was a woman that came to Jesus just to touch the hem of his garment. Why? She had programmed her mind to believe that if she touched the garment of Jesus that she would be healed (Matthew 9:20-21). God honored her faith by healing her. A counselor should assign activities for counselees to do that will reinforce the Word that has been spoken to them.

A **eighth** method of reprogramming is applying the will. Decisions must be made before changes occur. Elisha, the prophet, told Naaman, a captain of Syria to go and dip himself in the Jordan river seven times that he might be cleansed from leprosy (II Kings 5:1-14). The king had to make a decision. When the king of Syria decided to obey the prophet and did so, he was cleansed. When a rich young ruler came to Jesus and asked how he might receive eternal life, Jesus presented a decision before him. *"Then Jesus beholding him loved him, and said unto him, One thing thou lackest: go thy way, sell whatsoever thou hast, and give to the poor, and thou shalt have treasure in heaven: and come, take up the cross, and follow me"* (Mark 10:21). The man was not ready to make that decision; therefore, he walked away. The counselor should call upon the counselee to make some decisions. For example, he may call for a decision for the counselee to start spending quality time with his spouse rather than spending all his time fishing.

A **ninth** method of reprogramming is organization. God's Word says, *"Whom shall he teach knowledge? and whom shall he make to understand doctrine? them that are weaned from the milk, and drawn from the breasts. For precept must be upon precept, precept upon precept; line upon line, line upon line; here a little, and there a little: For precept must be upon precept, precept upon precept; line upon line, line upon line; here a little, and there a little"* (Isaiah 28:9-10). It is a picture of laying brick. The counselor

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lays a foundation and then begins to build upon that foundation. Looking at the life of Peter, he became a believer in Jesus as the Christ in Matthew 16:15-19. He experienced the rebirth in John 20:21-23, and he experienced the baptism in the Holy Spirit on the Day of Pentecost in Acts 2:4. I often begin with laying a foundation of salvation, then move to who we are in Christ, and then walk the individual through breaking the habit of getting angry.

A **tenth** method of reprogramming is praying. Paul said, *"Pray without ceasing. In every thing give thanks: for this is the will of God in Christ Jesus concerning you"* (I Thessalonians 5:17-18). Prayer is a most important ingredient in helping one change his thoughts. The counselor should not only pray himself, but he should encourage the counselee to pray. Prayer takes one's mind off the problem and gives one a new focus upon the One who can give a solution to the problem, that is God. Jesus challenges us to pray by saying, *"Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you"* (Matthew 7:7). Later Jesus said, *"Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be full"* (John 16:24). Prayer opens the door to receive divine intervention. Because David prayed and received answers to his prayers, he could stand boldly before the king and declare that God would deliver him from the giant. *"David said moreover, The LORD that delivered me out of the paw of the lion, and out of the paw of the bear, he will deliver me out of the hand of this Philistine. And Saul said unto David, Go, and the LORD be with thee"* (I Samuel 17:37).

### Focus On Priorities

Have you ever noticed that while walking down the highway of life, how easy it is for you to become sidetracked? Something comes along (a temptation) that seems to take your attention off the path that God has laid out before you. You begin to focus on the new interest, the old desire, or the more popular way. Before you realize it, your thoughts have turned into actions, and you are headed the wrong direction.

This happened to me just last week as I was working on this chapter. The Lord has set before me the current goals of pastoral ministry, counseling, and finishing this volume of this book. God has gifted me in these areas. However, I also have some natural giftings in many other areas. I usually have the mind-set to think that I can do just about anything that anyone else can. Therefore, when a challenge arose to upgrade my home computer with a modem, I thought, "I can do that myself and save some money."

I found a good price in a catalog on a modem and ordered it. When I received it, I discovered that I needed some more memory for the computer to make the modem operate properly. I did some research and took it to a local computer dealer to have the memory put into the computer. Then I discovered that my 102 MB hard drive was not

sufficient to handle the software for the modem and for the internet software. I thought, "I can fix that." I had another smaller hard drive that I had used in the past. I could put both drives in the computer. The larger one could be the master and the smaller one could be the slave. Guess what? The smaller drive said, "I'll be the master, but I won't be the slave." Over and over it responded the same way as I spent hours of work on it. Finally, I gave up to allow the smaller drive to become the master, but this meant that I would have to reprogram both drives. After several days of work with little progress, God began to speak to me about my priorities.

You see, I might continue to work on the computer and in time get it working correctly, but I don't have the time and energy to do that and get this book finished on time, nor do I need the headaches and the absentmindedness from the hours of tedious work. God has not called me to build computers or to be a computer programmer. God has called me to minister, counsel, and evangelize. Therefore, it is of utmost importance that I get my priorities straight.

I am convinced that a lack of setting and following proper priorities is the major cause for most of the problems that we face, whether we be a counselor or counselee. For example, the person who does not make it a priority to read and study the Bible will find himself wondering what to do when evil thoughts come to him. The person who does not make tithing a priority, may experience a financial curse of poverty. The husband who does not make loving his wife a priority, may experience divorce.

When one doesn't set proper priorities, he may try to keep in his mind all the things that he needs to do and desires to do at the same time. He may find himself running from one thought to another so fast that he gets little or nothing accomplished. Again, our minds are like computers. If we try to load too many programs at the same time, our minds will run out of memory. Like a computer, the programs of the mind will slow considerably or our whole mental system may become unstable and crash. James wrote, "*A double minded man is unstable in all his ways*" (James 1:8). Crash!

Therefore, it is important that we focus our attention on the proper priorities. The Word of God says, "*Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee*" (Isaiah 26:3). Our first priority should be to trust in God. Jesus said, "*But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you*" (Matthew 6:33). The second priority should be to submit our lives unto God allowing Him to become king over every area. "*And he said to them all, If any man will come after me, let him deny himself, and take up his cross daily, and follow me. For whosoever will save his life shall lose it: but whosoever will lose his life for my sake, the same shall save it. For what is a man advantaged, if he gain the whole world, and lose himself, or be cast away? For whosoever shall be ashamed of me and of*

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my words, of him shall the Son of man be ashamed, when he shall come in his own glory, and in his Father's, and of the holy angels" (Luke 9:23-26). We can see from this passage that the third priority should be to take our focus off self and follow Jesus daily.

Allow me to lay out a simple effective way to begin to set and follow proper priorities. Go to the store and purchase an inexpensive 3"X 5" pocket note book with replaceable note pads. You are to make a **To Do** list. Begin by prayerfully listing the things that you feel that you need and want to accomplish for that day.

Place a small box before each entry. Pray over the list asking God which things should be your priorities. Your goal should not necessarily be to accomplish every thing upon the list, but to do those that God speaks to you to do that day. Success is not necessarily accomplishing everything that you want to accomplish or even everything that everyone else wants for you to accomplish. Neither is success doing God's will by our willpower or strength. **Success** is simply hearing and obeying the voice of Jesus (John 10:27), that is, by faith doing His will by His power (Philippians 2:13). To accomplish this we must first yield our will to His will that dwells within us, then act in faith upon His power. What greater priority can one have?

<b>To do</b>	<b>List</b>
<input type="checkbox"/> Read daily Bible Vs.	<input type="checkbox"/> Pick up the kids \sch.
<input type="checkbox"/> Call _____	<input type="checkbox"/> Pay bills
<input type="checkbox"/> Eat lunch with _____	<input type="checkbox"/> Meet at the Church at 5:45 p.m.
<input type="checkbox"/> Visit _____	<input type="checkbox"/> Review report
<input type="checkbox"/> Make notes	
<input type="checkbox"/> Memorize	

Jesus gives us a beautiful word picture of setting priorities. *"Again, the kingdom of heaven is like unto treasure hid in a field; the which when a man hath found, he hideth, and for joy thereof goeth and selleth all that he hath, and buyeth that field. Again, the kingdom of heaven is like unto a merchant man, seeking goodly pearls: Who, when he had found one pearl of great price, went and sold all that he had, and bought it. Again, the kingdom of heaven is like unto a net, that was cast into the sea, and gathered of every kind: Which, when it was full, they drew to shore, and sat down, and gathered the good into vessels, but cast the bad away"* (Matthew 13:44-48). Setting our focus upon the correct priorities should be like seeking after a great treasure or a very valuable pearl. We should be willing to give up everything for it. We need to allow Jesus to be king over our **"To Do"** list. Our "To Do" list may include many fish (items or projects). We need to separate out the good from the bad and the big from the small. Again, we are to do this by seeking God's direction for the day. Remember the model prayer *"Thy kingdom come. Thy will be done in earth, as it is in heaven"* (Matthew 6:10). You should carry the list with you throughout the day. As you accomplish an item on your list, place a check mark by it. You may also add other items to the list during the day as the Lord leads you to do so.

This simple, little list serves at least eight different purposes. (1) It allows you to unload some of the programs from your mind's memory bank on a small sheet of paper so

that you can focus your full attention on one thing at a time. (2) The lists gives you a better sense of time management as you view it. (3) It helps you define your needs and desires. (4) It serves as a prayer list and a reminder to pray during the day. (5) The list gives you an opportunity to hear from God as you pray over it. (6) It gives you a needed sense of accomplishment as you check off each item. (7) It helps you to remember to do those things which God has told you to do. (8) As you realize your obedience to God by accomplishing the items on the list, you will discover that you have a boldness to ask God for other blessings for your life.

## The Holy Spirit In Counseling

The counselor should also remember that the Holy Spirit must be the one who leads him in making his list and accomplishing the work of the Lord. Jesus depended upon the Holy Spirit for the ministry of counseling. Jesus also read from the book of Isaiah and applied the anointing of the Holy Spirit to himself. *"The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised"* (Luke 4:18). We also can apply the passage to our own lives as we are to minister through counseling.



We need to come to the realization that it only through the power of the Holy Spirit that we can minister healing, whether it be physical, mental, spiritual or emotional. The Word of God says, *"Then he answered and spake unto me, saying, This is the word of the LORD unto Zerubbabel, saying, Not by might, nor by power, but by my spirit, saith the LORD of hosts"* (Zechariah 4:6).

One of the first areas in which we are to minister is in the spiritual healing. Jesus said that the Holy Spirit is to convict the world of sin. *"Nevertheless I tell you the truth; It is expedient for you that I go away: for if I go not away, the Comforter will not come unto you; but if I depart, I will send him unto you. And when he is come, he will reprove the world of sin, and of righteousness, and of judgment"* (John 16:7-8). I counseled with someone who had been to church only two times in the thirty-three years of his life. I discerned that he was not a Believer. As I ministered to him, the Holy Spirit convicted him of sin and he gave his life to Jesus. People who have not received Jesus as their Lord are spiritually dead. The Holy Spirit is the person that may give then new life. Jesus said, *"It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life"* (John 6:63). Once one is made alive by the Spirit, he can hear God's voice and receive other counseling.

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One big hindrance in receiving answers to our problems is our acceptance of lies. The Holy Spirit and the Word guide us unto the truth. *"Howbeit when he, the Spirit of truth, is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, that shall he speak: and he will shew you things to come"* (John 16:13). When we confront each lie with the truth, then the stronghold comes tumbling down.

Most people who need counseling, lack in some degree a knowledge of Christian assurance. The Holy Spirit is an instrument of God to bring assurance. *"Hereby know we that we dwell in him, and he in us, because he hath given us of his Spirit"* (I John 4:13). The Holy Spirit brings to us the assurance that we are children of God. *"The Spirit itself beareth witness with our spirit, that we are the children of God"* (Romans 8:16). Knowing that the Spirit of God dwells in us also brings assurance. Jesus says that the Spirit of truth is to live within the Believer. *"Even the Spirit of truth; whom the world cannot receive, because it seeth him not, neither knoweth him: but ye know him; for he dwelleth with you, and shall be in you"* (John 14:17).

Many people struggle with fear because of a lack of understanding of God's purpose for their lives. The Holy Spirit gives us direction. The Holy Spirit walks alongside of us, giving us direction. *"But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you"* (John 14:26). In reality, the Holy Spirit becomes the divine teacher to the Believer. John writes, *"But the anointing which ye have received of him abideth in you, and ye need not that any man teach you: but as the same anointing teacheth you of all things, and is truth, and is no lie, and even as it hath taught you, ye shall abide in him"* (I John 2:7).

All spiritual truth is centered in the person of Jesus the Christ. He is the only answer to all the problems of life. Jesus said that the Holy Spirit is the one who tells us about Jesus. He is the one who gives us revelation of Jesus. *"But when the Comforter is come, whom I will send unto you from the Father, even the Spirit of truth, which proceedeth from the Father, he shall testify of me"* (John 15:26).

Furthermore, we don't often have the blessings of God because we don't know what blessings we have available to us. We need the Holy Spirit to show us our inheritance. Jesus said concerning the Holy Spirit, *"He shall glorify me: for he shall receive of mine, and shall shew it unto you"* (John 16:14).

Quite often, people feel intimidated by the world and the powers of the enemy. The Holy Spirit gives us **boldness** to face the problems of life. The Spirit gave Gideon

boldness to face the enemy. *"But the Spirit of the LORD came upon Gideon, and he blew a trumpet; and Abiezer was gathered after him"* (Judges 6:34).

Sometimes people are hurt and fearful because they feel as if they are walking in darkness and there is no one to lead them. One work of the Holy Spirit is to lead the Christians. *"For as many as are led by the Spirit of God, they are the sons of God"* (Romans 8:14). This will give them confidence to keep on walking.

We often hear it said that God helps those who help themselves. This is a wholly unbiblical concept. God helps those who come to need His help and the Holy Spirit enables Christians to minister. *"Who also hath made us able ministers of the new testament; not of the letter, but of the spirit: for the letter killeth, but the spirit giveth life"* (II Corinthians 3:6). The Holy Spirit does not just minister a set of laws. He ministers the spirit of the Law. He ministers in power. *"And I will put my spirit within you, and cause you to walk in my statutes, and ye shall keep my judgments, and do them"* (Ezekiel 36:27). He enables the Believer to live by the spirit of the Law. Furthermore, God also enables the Believer through the gifts of the Spirit to minister. *"But the manifestation of the Spirit is given to every man to profit withal"* (I Corinthians 12:7). *"But all these worketh that one and the selfsame Spirit, dividing to every man severally as he will"* (I Corinthians 12:11). Last, the Holy Spirit will even tell us what to say when we need for Him to do so. *"For the Holy Ghost shall teach you in the same hour what ye ought to say"* (Luke 12:12).

## **The Counsel Of Elihu**

I encourage you to do a study of Elihu's counsel to Job (Job 32:1-37:24, 42:1-17). In such a study, you may see many characteristics of Holy Spirit-led counseling. The following observations are from a verse by verse study. (1) Elihu showed respect for his counselee (Job) and toward the elder counselors. (2) He understood that a counselor must be inspired by God. (3) He recognized that power does not equal wisdom. (4) He also recognized that age is not equal to understanding. (5) He was a patient and discerning listener, allowing others to speak. (6) He spoke out of a fullness of thought. (7) He was not a respecter of persons nor did he place value in titles. (8) He pleaded with his counselee to hear and hearken to his words. (9) He explained that his counsel would come out of his own righteousness. (10) He set the stage for hearing by making positive statements.

(11) Elihu was open to receive criticism or correction in his counseling. (11) He acknowledged God's purpose in his life. (12) He related to his counselee as being human and expressed that his purpose was not to condemn. (13) He assured the counselee that he had been carefully listening to him. (14) He confronted the counselee with his own

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words. (15) He suggested that God may be speaking through the circumstance. (16) He suggested that God may bring discipline through one's afflictions. (17) He suggested that God sends those to us who will give us direction. (18) He projected God's mercy and grace to those who will repent. (19) He projected that God has some ultimate purposes in mind. (20) He appealed to the reasoning ability of the counselee.

(21) Elihu confronted the counselee with the truth. (22) He acknowledged the hurts of the counselee. (23) He spent a greater part of his time upon the righteousness of God. (24) He stated that his purpose was to bring the counselee to a place of conviction. (25) He asked specific questions to appeal to the conscience of the counselee. (26) He also used word pictures to appeal to the conscience of the counselee. (27) He asked permission to proceed with his subject. (28) He said that he spoke for God. (29) He said that his knowledge was not common knowledge. (30) He said that he would exalt the righteousness of God.

(31) Elihu said that he would speak words of truth. (32) He said that his knowledge was complete. (33) He elaborated on the righteousness and justice of God toward man. (34) He spoke of the greatness of God. (35) He concluded that man is not to presume that he is greater than the Almighty God. (36) He prepared his counselee to hear from God, to repent, and to receive healing and restoration of family and possessions. (37) He also prepared the other counselors to hear from God, repent, and receive forgiveness.

**Elihu's emphasis** was upon the nature, character, and work of God. Upon this emphasis, Elihu proceeded to establish how one should relate to God and others. Too often, counselors place an emphasis upon the nature, character, and work of man.

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## Appendix

### **Counseling In The Proverbs**

**Proverbs 1:5** A wise man will hear, and will increase learning; and a man of understanding shall attain unto wise counsels.

**Proverbs 1:25** But ye have set at nought all my counsel, and would none of my reproof:

**Proverbs 1:30** They would none of my counsel: they despised all my reproof.

**Proverbs 8:14** Counsel is mine, and sound wisdom: I am understanding; I have strength.

**Proverbs 11:14** Where no counsel is, the people fall: but in the multitude of counsellors there is safety.

**Proverbs 12:5** The thoughts of the righteous are right: but the counsels of the wicked are deceit.

**Proverbs 12:15** The way of a fool is right in his own eyes: but he that hearkeneth unto counsel is wise.

**Proverbs 12:20** Deceit is in the heart of them that imagine evil: but to the counsellors of peace is joy.

**Proverbs 15:22** Without counsel purposes are disappointed: but in the multitude of counsellors they are established.

**Proverbs 19:20** Hear counsel, and receive instruction, that thou mayest be wise in thy latter end.

**Proverbs 20:5** Counsel in the heart of man is like deep water; but a man of understanding will draw it out.

**Proverbs 20:18** Every purpose is established by counsel: and with good advice make war.

**Proverbs 21:30** There is no wisdom nor understanding nor counsel against the LORD.

**Proverbs 22:20** Have not I written to thee excellent things in counsels and knowledge.

**Proverbs 24:6** For by wise counsel thou shalt make thy war: and in multitude of counsellors there is safety.

**Proverbs 27:9** Ointment and perfume rejoice the heart: so doth the sweetness of a man's friend by hearty counsel.

## Personal Interview

DATE \_\_\_/\_\_\_/\_\_\_ NAME \_\_\_\_\_ M F AGE \_\_\_\_\_  
MARITAL STATUS: Married \_\_\_\_, Single \_\_\_\_, Divorced \_\_\_\_, Separated \_\_\_\_, Widowed \_\_\_\_,  
NAME OF SPOUSE \_\_\_\_\_ Previous Spouse \_\_\_\_\_  
YOUR ADDRESS \_\_\_\_\_ ZIP \_\_\_\_\_ PH \_\_\_\_\_  
EMPLOYMENT \_\_\_\_\_ YRS./MO. \_\_\_\_\_ PH \_\_\_\_\_  
CHILDREN'S NAMES & AGES \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_,  
\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
PARENT or GUARDIAN if you are a minor \_\_\_\_\_

**PHYSICAL:** (Please complete by checking or filling in the blanks)

Do you have any physical difficulties? Yes \_\_\_ No \_\_\_. Please list any difficulties \_\_\_\_\_  
Have you had any recent changes: in weight \_\_\_ sleep \_\_\_ diet \_\_\_ rest \_\_\_\_\_. Are you currently taking any medications? Yes \_\_\_ No \_\_\_. Please list \_\_\_\_\_  
Have you ever used drugs, tobacco, or alcohol? Yes \_\_\_ No \_\_\_. Any current use? \_\_\_\_\_ If yes, what? \_\_\_\_\_

**MENTAL/EMOTIONAL:** (Please complete by circling, checking or filling in blanks)

I am often or often feel . . . Absent minded, Forgetful, Confused, Frustrated, Fearful, Lonely, Depressed, Angry, Bitter, Jealous, Ashamed, Guilty, Worthless, Suicidal, Anxious, Worried, Tired, Sad, Hopeless, Hurt, Rejected, other feelings \_\_\_\_\_. Do you have nightmares? Yes \_\_\_, No \_\_\_. Do you have uncontrolled thoughts? Yes \_\_\_ No \_\_\_. If so, please explain \_\_\_\_\_. Is there anyone that is holding a grudge against you? \_\_\_\_\_. If so, have you asked their forgiveness? \_\_\_\_\_. Is there anyone who has hurt you that you have not forgiven? \_\_\_\_\_. Is there something important that you would like to change about yourself? \_\_\_\_\_ What? \_\_\_\_\_  
My greatest hurt or disappointment has been \_\_\_\_\_  
The thing that makes me the most angry is \_\_\_\_\_. I become very depressed when \_\_\_\_\_. I feel guilty about \_\_\_\_\_.

**SPIRITUAL:**

Are you a member of a local church? \_\_\_\_\_ Church name \_\_\_\_\_  
How often do you attend? \_\_\_\_\_. What is the name of your minister? \_\_\_\_\_  
Do you consider yourself a Christian? Yes \_\_\_, No \_\_\_. Is your spouse a Christian? Yes \_\_\_ No \_\_\_. How often do you read the Bible? Daily \_\_\_ Weekly \_\_\_ Seldom \_\_\_\_\_. How do you expect to get to Heaven when you die? \_\_\_\_\_  
Have you been baptized in water as a demonstration of your faith? Yes \_\_\_, No \_\_\_. Have you been baptized in the Holy Spirit since you became a

Believer? \_\_\_\_\_. Have you prayed about your situation? Yes \_\_\_\_, No \_\_\_\_. Have you received counsel from anyone that is in authority over you? Parent \_\_\_\_, Pastor \_\_\_\_, Employer \_\_\_\_, or other \_\_\_\_\_. What? \_\_\_\_\_.

Have you made a commitment to God that you have not kept? \_\_\_\_\_. Has God told you to do something that you have not done? \_\_\_\_\_. Do you have any known sins that you have not confessed to God? \_\_\_\_\_. Do you feel that God has forgiven you? \_\_\_\_\_.

**SOCIAL:** (Please underline appropriate answers)

1. I believe most people . . . a. Like me. b. Dislike me. c. Reject me. d. Are indifferent to me.
2. My relationship with my father was/is . . . a. Good. b. Fair. c. Abusive. d. None.
3. My relationship with my mother was/is . . . a. Good. b. Fair. c. Abusive. d. None.
4. For me . . . a. It is difficult to make friends. b. It is easy to make friends.
5. I find myself being . . . a. Passive b. Aggressive c. Assertive . . . toward others.
6. I believe that most people . . . a. Understand me. b. Don't understand me.
7. I find myself . . . a. Accepting most people. b. Being critical of most people.
8. Others would describe me as \_\_\_\_\_.
9. I would describe myself as \_\_\_\_\_.

**HISTORY:**

Have your parents had any physical, mental or emotional, or spiritual difficulties? \_\_\_\_\_. If so, please explain \_\_\_\_\_.

Have you or your parents ever been involved in any of the following: (please underline) 1. Fortune telling (palm reading, tarot cards, tea leaves, crystal ball, Ouija board, astrology, or other). 2. Studied or been a member of an Eastern religion (other than Christianity). If so, what \_\_\_\_\_.

3. Studied or been a member of a Christian Cult (Mormon, Jehovah Witnesses, Worldwide Church of God). 4. Have you or your parents studied or been (in any way) involved in witchcraft (white or black magic) or Satanism? \_\_\_\_\_. If so, what \_\_\_\_\_.

What was/is the spiritual beliefs of your parents \_\_\_\_\_.

Do you have any books, music or artifacts associated with the worship of false religions? \_\_\_\_\_. What kind of music do you listen to? \_\_\_\_\_.

Have you allowed yourself to be hypnotized or put in a trance or used channeling? If so, what \_\_\_\_\_.

Does/did your parents have the same problems that you are facing? \_\_\_\_\_.

**PREVIOUS COUNSELING:**

Have you had previous psychological or psychiatric care? \_\_\_\_\_. When? \_\_\_\_\_. With whom? \_\_\_\_\_.

List any diagnoses given \_\_\_\_\_.

You were referred to **W.P.C.** by \_\_\_\_\_.

**BRIEFLY TELL:**

1. The nature of your current situation? \_\_\_\_\_

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2. What do you feel has caused your situation? \_\_\_\_\_

3. What have you done to solve your situation? \_\_\_\_\_

4. What do you expect to receive from counseling? \_\_\_\_\_

You may copy this interview

## ASSIGNMENT SHEET

**INSTRUCTIONS:** Please read the following instructions and commit yourself to do them . . . . Thank you.

1. Get a 3 ring loose leaf notebook. (You will be given handouts each week for you to review and study.)
2. Bring this sheet in the notebook with you to each session.
3. Bring your Bible with you each session.
4. Each week you will be given three scripture verses to memorize. (You will receive some easy, helpful hints, on memorization.)
5. You will be **required** to quote the scriptures assigned from the previous week's session. (The engrafted Word saves our souls.)
6. Check and date each assignment as you complete it. (This will give you encouragement.)
7. It is important that you do not miss any sessions. (You should be aware that you may come under spiritual attack just prior to a session to keep you away. If you can not make a session, please call \_\_\_\_\_ and cancel at least **a day prior** to the session.)

# 1. \_\_\_\_\_  
Date assigned \_\_\_/\_\_\_/\_\_\_                      Date completed \_\_\_/\_\_\_/\_\_\_ [ ]

# 2. \_\_\_\_\_  
Date assigned \_\_\_/\_\_\_/\_\_\_                      Date completed \_\_\_/\_\_\_/\_\_\_ [ ]

# 3. \_\_\_\_\_  
Date assigned \_\_\_/\_\_\_/\_\_\_                      Date completed \_\_\_/\_\_\_/\_\_\_ [ ]

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# 4. \_\_\_\_\_  
Date assigned \_\_\_\_/\_\_\_\_/\_\_\_\_ Date completed \_\_\_\_/\_\_\_\_/\_\_\_\_ [ ]

# 5. \_\_\_\_\_  
Date assigned \_\_\_\_/\_\_\_\_/\_\_\_\_ Date completed \_\_\_\_/\_\_\_\_/\_\_\_\_ [ ]

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this Assignment Sheet may be

## Liability Form

Since I work under the authority of a local church, I also have clients to read and sign an Liability Form. In brief, this form states that I am not a psychologist, psychiatrist, or medical doctor. (Actually my Ph.D. is in Christian Counseling). The form also states that the counseling is confidential, except where I need to consult with the authorities over me such as my pastor or where I am required by law to report to a government agency.

