

COUNSELING EXAM

QUESTION 18

Dealing with sin in Counseling

The Hope of Calling Sin, “Sin”

- Our sins do not affect our LEGAL STANDING with God (Rom. 6:23; 8:1; 1 Cor. 15:3).
- Our sin does disrupt our FELLOWSHIP with God — we grieve the Spirit (Eph. 4:30) and we incur His fatherly discipline (Heb. 12:6ff).
- Our sin is REDEEMABLE and is able to be used as an instrument of growth by means of appropriating afresh the truths of the gospel (1 Pt. 1:17).

God’s Provision for the Sinner’s Sin

- Believers still have INDWELLING sin (Rom. 7:17, 18, 20, 21).
- Believers have been saved from the power of sin so they no longer HAVE TO sin (1 Jn. 2:1); it is possible to be enslaved to righteousness (Rom. 6:16, 19ff).

God's Provision for the Sinner's Sin

- What has God given to help the believer resist and avoid sin?
 - the Word of God (2 Tim. 3:16-17; Js. 1:5)
 - the intercession of Christ (Heb. 7:25)
 - the indwelling power of the Holy Spirit (Rom. 8:9; Gal. 5:16ff)
 - the redemption of sin through confession and forgiveness (1 Jn. 1:9)

The Goal of Addressing Sin in Others

- The goal for the one in sin is to see him REPENTANT, RECONCILED to others, and RESTORED to God and to those against whom he has sinned (Mt. 18:15-18; Js. 5:18-20; 2 Tim. 2:25).

The Beginning Point...

- Dealing with sin always begins with SELF-EXAMINATION and confession of sin by the counselor or confronter (Gal. 6:1).
- The counselor must also prepare his own HEART and ATTITUDE as he meets with the sinner (1 Th. 5:14).
 - You don't have to be perfect; you do have to be prepared.
 - A counselor living in the flesh will be of no long-term help to a counselee living in the flesh.

The Process of Addressing Sin...

- Make sure you have LISTENED well and that you have all the information about the sin and the sinner (Prov. 18:13).
- Talk about the CONSEQUENCES of the unconfessed sin (e.g., Prov. 13:15; Gal. 6:7; 1 John) and warn him of the progression of sin and its danger (Js. 1:14-15).

The Process of Addressing Sin...

- Explain and examine the biblical texts related to his PARTICULAR sin, being careful to use Biblical terms and not culturally accepted euphemisms.
- Call him to REPENTANCE.
 - Repentance is not merely a removal of sin but it is a GRIEF and SORROW for sin (Mt. 5:3-5) that leads one to desire to have GOD more than the SIN (Mt. 5:6; 2 Cor. 7:9-11).

The Process of Addressing Sin...

- Call him to REPENTANCE.
 - Explain 2 Cor. 7:11 and the EVIDENCES of repentance.
 - Offer much HOPE — for there *is* great hope for the one who is repentant (Js. 5:19-20; Gal. 6:9; 2 Cor. 7:11).
 - If he refuses to repent, move to the next stage of CHURCH DISCIPLINE (Mt. 18:15-18).

The Process of Addressing Sin...

- When he has expressed repentance,
 - Teach the biblical perspective of MOTIVES and DESIRES (Js. 1:14-15; 4:1-3). Address the root causes of sins.
 - Teach the biblical process of SANCTIFICATION (Eph. 4:20-24) and the principles of putting off, putting on, and being renewed in the mind.
 - Help him with OTHER confession and repentance he may have to make (spouse, children, parents, co-workers, etc.).

COUNSELING EXAM QUESTION 19

A Comprehensive Program for Good Communication

Biblical Principles

- Help them understand the MOTIVES that impede godly communication (Js. 1:14-15; Lk. 6:45);
- Help them discern the SOURCES of their conflict (Js. 4:1-4ff)
- Help them cultivate spiritual ATTITUDES that will foster good communication (e.g., humility, Phil. 2:1-8, truthfulness, Eph. 4:15).

Biblical Principles

- Help them learn the basic PATTERNS of godly communication (Eph. 4:25-32):
 - Be HONEST (v. 25)
 - Keep CURRENT (vv. 26-27)
 - Attack PROBLEMS, not people (vv. 29-30)
 - ACT, don't REACT (vv. 31-32).
- For "advanced" study, assign homework out of Proverbs and the use of the tongue.

When Counselees are Stuck...

- Teach them the practice of the CONFERENCE table.
 - The process:
 - Have a specific place to confer.
 - Ideally the husband/father/head of household will initiate, but he is not the only one that may do so.
 - Begin with prayer and read Matt. 7:1-5, Col 3:12-15, Phil 2:3-5 and Eph 4:29-32.

When Counselees are Stuck...

- Teach them the practice of the CONFERENCE table.
 - The process:
 - If one conferee stops conferring and begins arguing use your prearranged signal to indicate that, in your opinion, they have stopped discussing and are arguing.
 - Record the results of the conference, action to be taken, decisions made, etc., in your "Conference Table Notebook."
 - Close in prayer.

When Counselees are Stuck...

- Teach them the practice of the CONFERENCE table.
 - The process
 - The purpose: the conference table is a place to confer and confess, not to argue.
 - Not all problems can be solved at one sitting.

When Counselees Sin...

Remind them of the practices of REPENTANCE and CONFESSION for sin (Mt. 5:3ff; Js. 4:8-10; 5:15-16) and the practices of FORGIVENESS and RESTORATION when sinned against (Mt. 18:21-35; Lk. 17:1-5).

Homework for Poor Communicators

- Bible MEMORIZATION related to communication and the tongue (e.g., Lk. 6:45; Eph. 4:31-32; Prov. 10:19-20; 12:17-19; 13:2-3; 18:13b; 25:11-12).
- Basic PAMPHLETS on communication.
- AUDIO sermon series to listen to together.

Homework for Poor Communicators

- HEART journal. Keep a log of at least 2-3 conflicts they had during the week and then help them work back through it in a Biblical manner.
- CONFERENCE table
