

Pursuing ACBC Certification

Samuel Stephens, Ph.D.
Director of Membership and Certification



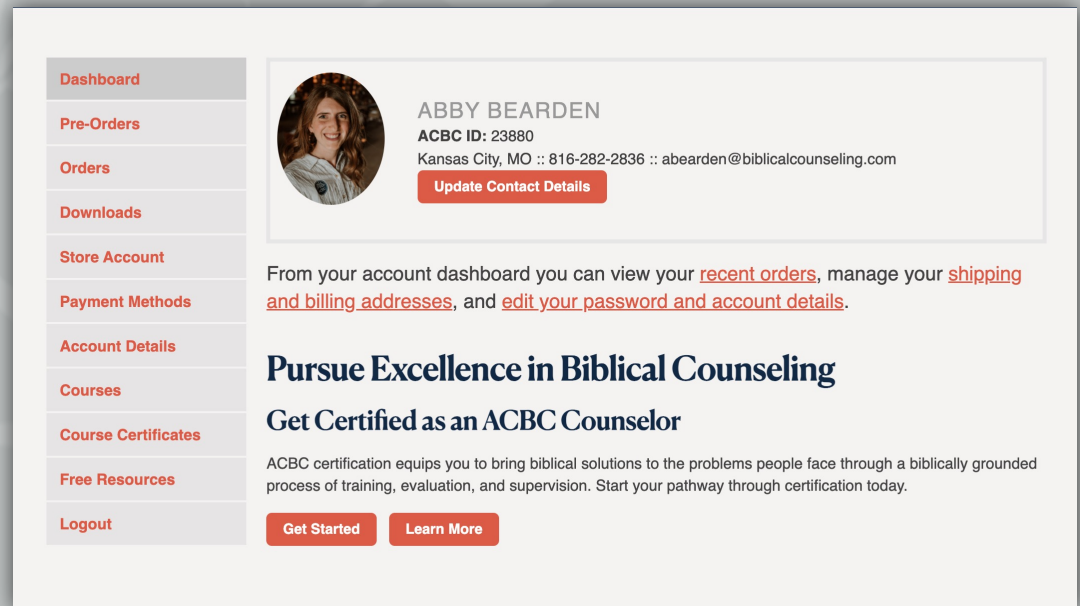
Benefits to Certification

- Ongoing accountability
- Connection with other biblical counselors
- Visibility on the *Find a Counselor Map*
- Access to member-only training webinars
- Free biblical counseling resources
- Discounts for ACBC events



Starting ACBC Certification

- Create an account at biblicalcounseling.com
- Use a personal email, not work or school
- Click “Get Started” once logged in to enter the Certification Dashboard

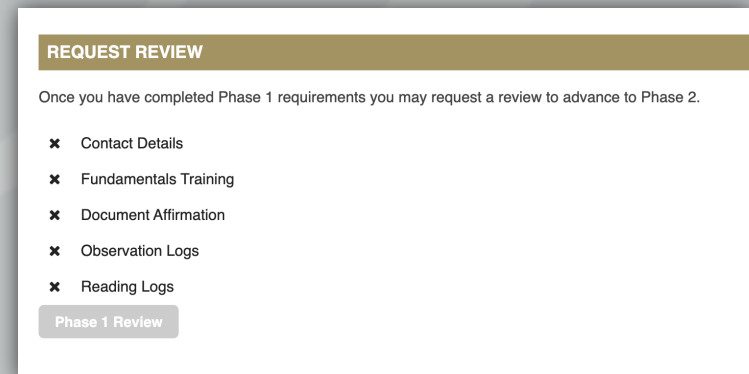
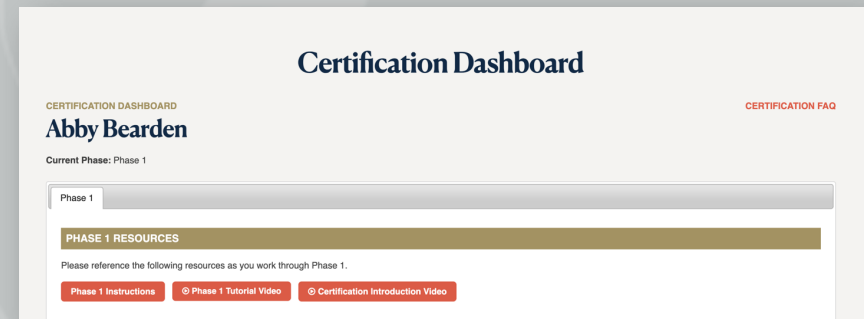


The screenshot shows a user dashboard for Abby Bearden. On the left is a vertical navigation menu with the following items: Dashboard, Pre-Orders, Orders, Downloads, Store Account, Payment Methods, Account Details, Courses, Course Certificates, Free Resources, and Logout. The main content area features a profile card for Abby Bearden with her photo, name, ACBC ID (23880), contact information (Kansas City, MO; 816-282-2836; abearden@biblicalcounseling.com), and an 'Update Contact Details' button. Below the profile card, there is a text block explaining that users can view recent orders, manage shipping and billing addresses, and edit account details. A heading reads 'Pursue Excellence in Biblical Counseling' followed by 'Get Certified as an ACBC Counselor'. A paragraph describes the certification process as biblically grounded, involving training, evaluation, and supervision. At the bottom of the main content area are two buttons: 'Get Started' and 'Learn More'.



Tips for using the Dashboard

- Each Phase has its own set of instructions and tutorial videos
- There is a Certification FAQ in the top right corner
- Log things as you go rather than all at once
- After completing each Phase, click the button at the bottom to initiate your review



Phase 1: Learning

- **Observation Hours:** 10 sessions adding up to at least 10 hours with an ACBC certified counselor (in person, video call, or approved video set)
- **Reading:** 1000 pages from the approved reading list
 - 300 from the Theology section
 - 700 from any section
- **Fundamentals Training:** online and in-person options available
- **Other items needed for Phase 1:** Church information, prior relevant training, and signing of ACBC's Statements and Affirmations



Phase 2: Exams and Evaluations

- Theology and Counseling Exams: 44 essay questions combined
 - Study guide on the Certification Dashboard
 - Exam Prep Classes available through some Certified Training Centers
 - Highly recommended that you use the templates provided
 - Should expect to do rewrites for one or both exams
- Short-Answer Questions
- Evaluations and Confirmation of Church Membership
 - Colleague Evaluation: friends, coworkers, bosses, former pastors, etc. (not family members)
 - Pastor/Elder Evaluation: must be from a **current** pastor or elder
 - Church Membership Letter: confirms you are a “member in good standing” and are “under the authority” of the church for counseling



Phase 3: Supervision

- Complete 50 sessions of counseling supervised by an ACBC Fellow (at least 50 hours)
- Fellow supervision happens remotely
- One year deadline begins once you enter Phase 3
- May counsel virtually if necessary

FELLOW SELECTION

Your Fellow details:

Dr. Dale Johnson
Kansas City, Missouri, United States
Phone: (904) 631-3997
Email: djohnson@biblicalcounseling.com

You have selected a fellow and they have confirmed the selection.

SUPERVISORY LOG

Record 50 separate counseling sessions, which together total at least 50 hours. In the period of one year and in at least 10 meetings, discuss your counseling sessions with your supervising Fellow. [Click here](#) for complete details.

Log #	Counselee	Session #	Session Date	Session Length	Audio Session?	Supervision Date	Confirmed?
1	AO	1	08/09/2021	1:15	No		Edit Delete
Total Time	1:15						
Log Count	1						
Audio Session Count	0						

[Record Supervision Log](#)



Membership Application

- Sign the Membership Covenant
- Request the Pastor/Elder/Ecclesiastical Authority Form
- Request a Background Check (U.S. citizens only)
- Pay Membership Dues

Once you are officially an ACBC certified counselor, you can request a physical certificate and have the option to be included on our Find a Counselor Map!



Membership Renewals

- Submit a Church Authority Form
- Reaffirm ACBC Standards and Statements
- Complete any required CEUs
- Pay Membership Dues



Continuing Education Units

- Complete 20 CEUs every two years
- Earning window begins the year following your certification
- CEU options:
 - 4 Truth in Love Podcast Episodes = 1 CEU
 - Approved reading (100 pages) = 1 CEU
 - Annual Conference (+ Pre-Conference) = 20 CEUs
 - + Hundreds of other opportunities!
- Visit biblicalcounseling.com/ceu for more information



Questions?

certification@biblicalcounseling.com

or info@biblicalcounseling.com



Secular and Integrated Counseling Theories

Samuel Stephens



Setting the Stage | 1 Corinthians 1:18-31

- There is a Clash of Wisdoms
 - Bankruptcy of Man's Wisdom (Limited and Tainted)
 - Superiority of God's Wisdom (Exhaustive and True)
- We are Utterly Unremarkable!
- Jesus Rescues us from Ourselves
 - He is the
 - Wisdom from God (c.f., John 1:1ff)
 - Source of our Righteousness
 - Possibility of our Sanctification (e.g., in Christ)
 - Security of our Redemption



Two Worldviews

Therapeutic & Theological



11/10/23

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The Dangers of the *Therapeutic*

- Θεραπευτής -“one who waits on another, an attendant”
 - Mindset and Worldview
 - Modern Psychology | The Redefinition of Man
 - Warped Anthropology (Man as Animal, Machine, etc.)
 - Human-Centered
 - Atheistic and Paganistic
 - The Eradication of *Dis-ease*



Everything Else

God

Psychological Worldview (Insight Oriented)

Freud: Psychodynamic

Jung: God-like cult

Skinner: Behaviorism

Beck: Cognitive Behavioral
Therapy

Bowen: Family Systems
Theory (the Palo Alto
Group)

Rogers: Unconditional
Positive Regard

Two Overarching Views:

1. Die to Self
2. Dependence

Galatians 2:20- "In Christ"

2 Corinthians 5:17- "Newness"

1 Corinthians 10:31

Insight only offers:

1. Strengthening of Self
2. Independence

There is a big movement to *integrate* these two **diametrically opposed** worldviews

Reclaiming the *Theological* Worldview



Identity

Responsibility

Purpose

Reclaiming the *Theological* Worldview

Therapeutic Perspective

Denies the Soul

Captivates with Categories

Lacks Cohesiveness

Promotes Coping &
Self-Acceptance

Theological Perspective

Recognizes God as Authority

Confesses a Knowable God

Demonstrates a
Need of Redemption

Advocates for Hope & Peace

Reclaiming the *Theological* Worldview

Therapeutic Perspective

Negates Responsibility

Results in Rebellion

Creates Spiritual
Compromise

Theological Perspective

Promotes Culpability

Calls to Remember

Prepares the Guarding of
the Soul

Reclaiming the *Theological* Worldview

Therapeutic Perspective

Glorify Self

Manage Pain & Problems

Promotes Self-Determination

Theological Perspective

Glorify God

Offer ourselves as
Living Sacrifices

Promotes Surrender of
Self-Rule

In Summary

- The new life in Jesus provides the broken, weary, and rebellious soul with . . .
 - a *redeemed identity*
 - a *unique responsibility*, and
 - a *God-honoring purpose* in life.



Considering Counseling Approaches

Your approach will be determined by how you answer the following questions:

1. How will you counsel?
2. Why do you counsel?
3. What use will you make of the Bible (if any)?
4. How much validity do you give to secular psychology (if any)?



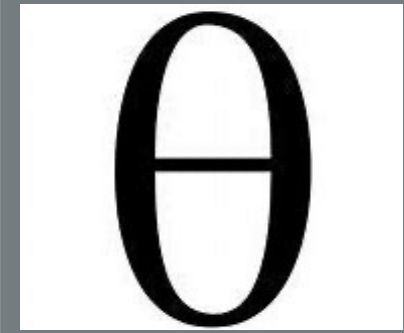
Three Types of Counselors



Psychological



Integrationist



Biblical

1. Secular | Man's observation and wisdom only is required
2. Integrationist | Man's wisdom plus God's wisdom is necessary
3. Biblical | God's wisdom and revelation alone is sufficient

Modern Psychologies

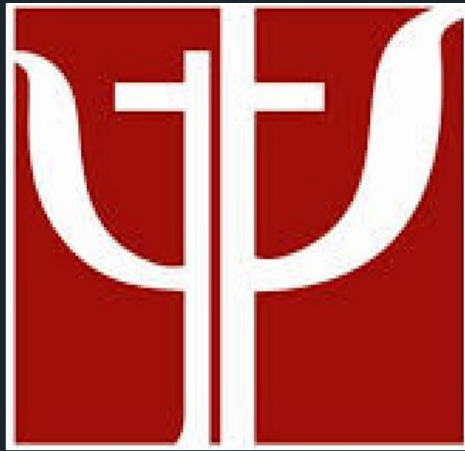
- ***The “Science” of Human Motivation and Behavior***

Psychology, literally meaning the "study of the soul," was once a philosophical pursuit interested in the nature of man and his problems while seeking to bring solutions to those problems. However, since the modern era, it has shed its philosophical robes for the garb of medical science which favors the empirical study of man.

DSM: Bible of Psychiatry and Mental Health Professionals

- Product of “social science” inquiry
- More philosophy than science
- Cannot claim to know etiology (cause) of problems

Christian Views of Psychology & Counseling



1. Levels-of-Explanation
2. Integration Proper
3. Christian Psychology

Levels-of-Explanation

- ***Two Distinct Disciplines that Provide Pieces to the Bigger Picture***

Psychology is treated as a “good science” and is viewed as a distinct discipline/field with different concerns from Christianity/religious faith. Reality is best explained or understood through various “levels” of analysis. Each discipline’s unique perspective can help man find his place.

Key Concepts

- One’s faith should not impact the other levels of analysis
- Disregards the worldview of the scientist/analyst

Integration Proper

Modern Psychology Provides the Substance while Scripture Acts as a Filter

While this is a broad approach with several orientations, integrationists generally assume that use of modern psychology is a necessity to the proper care of others. Integrationists seek to study the creation—chiefly the accomplishments of secular psychologists—to see how they might be put together with the truths of Scripture to produce a unique—integrated—corpus of material to help people with their problems in living.

Key Concepts

- “All Truth is God’s Truth”
- Psychology is “legitimate and strategic” and serves as the starting point
- Man’s Rationality is Exalted in Search for Truth

Christian Psychology

- ***Attempt to Retrieve a Distinctly “Christian” Psychology from the Modernist***

In the current psychological age, it is incumbent upon Christians to not “leave our psychological thinking to be done by non-Christians, or to be done by Christians according to the canons and methods of the establishment psychologies [integrationists].” Scripture is informative, but also human intellect, ecclesiastical tradition, and modern psychological research among the human sciences.

Key Concepts

- God’s understanding of human nature is only the starting point
- Does not differ noticeably from modern psychology (e.g., terminology, etc.)
- Sees aspects of modern psychology as not being dependent upon worldview

Is Integration Possible?

Necessary philosophical considerations

Credit : Douglas Bookman

Procedure

Issue #3: How are theology and psychology best integrated?

This is a methodological issue.
Are "means" and methods neutral?

Possibility

Issue #2: Should theology and psychology be integrated

This is an axiological/ethical issue.
Is there any intrinsic need or deficiency in theology which psychology can ameliorate?

Issue #1: Can theology and psychology be integrated?

This is an ontological issue.
Is there any essence of theology which makes it incompatible with psychology?



Integration | The “Two Books” View

- The Bible does not speak to all issues. Limited by history and purpose (faith)
- You wouldn't go to the Bible if you were sick or needed your car or air conditioning repaired, would you?
- The findings of psychology are a part of God's “common grace” through General Revelation

What Integrationists are saying...

“The task of integration involves explicitly relating truth discovered through general or natural revelation to that disclosed in special or biblical revelation, of interrelating knowledge gained from the world and knowledge gained from the Word.”

-- David Benner

“We can and must draw from other nonbiblical sources if we want to understand human beings and bring about maximum change through counseling.”

– H. Newton Malony

What Integrationists are saying...

“All truth is God’s truth. Consequently, the truths of psychology are not contradictory to the truths of divine revelation, in fact, they have the potential of being integrated into a harmonious whole.”

– John Carter and Bruce Narramore

“God’s first revelation – His creation, which is the subject of the social sciences – must also be heard.... The integrationist ... affirms the centuries-old assertion: ‘All truth is God’s truth’ – regardless of whether its source is Scripture or creation.”

– James R. Estep, Jr.

What about Man's Observations?

- They can be helpful in some circumstances
 - Persons lying avoid eye contact, their gestures do not match their words, they become defensive, try to change the subject, do not use contractions, etc.
 - Sudden change in behavior; mood swings; withdrawal from family and friends; careless about personal grooming; loss of interest in work and favorite activities; changed sleeping pattern can all be signs of depression
- They are not necessary

What about Man's Observations?

- They can be harmful (1 Samuel 1:9-18)
 - They can be wrong as Eli's were in the passage above
 - They can be used to label a person for life
 - They can be used by people to excuse their sinful behavior
- They are NEVER ONLY observations
- Psychology- Descriptive vs. Prescriptive

Beware of Man's Wisdom

- Colossians 2:8: “See to it that no one takes you captive through philosophy and empty deception, according to the tradition of men, according to the elementary principles of the world, rather than according to Christ.”
- 2 Corinthians 6:14-15: “Do not be bound together with unbelievers; for what partnership have righteousness and lawlessness, or what fellowship has light with darkness? Or what harmony has Christ with Belial, or what has a believer in common with an unbeliever?”



The Nature of Truth | Psalm 19:7-8

1. All truth *is* God's
2. Not everything we call truth is truth
3. God chose to reveal truth through His Word (**Psalm 19:7-8**; John 17:17)
4. Jesus Christ manifests truth (John 1:1-17; John 14:6)

The Nature of Truth | Psalm 19:7-8

5. General revelation is only that which points man toward God
 - His Existence
 - His Character
 - His Moral Law

6. There is a distinction between general revelation and what could be called simply a “gaining of knowledge” about the world

7. Biblical revelation does not disclose merely “facts,” but unveils and discloses God Himself.

Problems with Integrative Models

1. View of Scripture as insufficient for counseling is the default
2. Inherent trustworthiness of the psychologies is the default
3. Corollary is not considered – “All error is the Devil’s error.” (no sure way of sifting)
4. Process of integration is ontologically, ethically, and methodologically inconsistent
5. Representation of General Revelation/Common Grace as synonymous with modern scientific inquiry/methodology

Three Counseling Approaches

The Third Approach: Biblical Counseling

Five Fundamental Tenets

- Jesus is the standard
- The church is responsible for soul care
- Scripture is sufficient and should be the primary resource used in helping people with their problems in living
- The Holy Spirit is necessary for lasting human change
- Counseling, by definition, is theological in nature

Why counseling is biblical...

- Because counseling practice must be formed and structured in terms of God's economy, not the world's understanding
- Because the Bible directs us as to how to live fruitful and godly lives.; therefore, everything we do must be derived from Scripture
- Because how we view Scripture will determine our theology, which in turn influences our ministry to others.

Secular and Integrated Counseling Theories

Samuel Stephens



Guilt and Repentance

Samuel Stephens, Ph.D.



What is Guilt?

1. Related to and a Result of Sin

- “Sin is any want of conformity unto, or transgression of, the law of God.”
 - Disobedience/Lawlessness (James 4:17; 1 John 3:4)
 - Deceitfulness (Hebrews 3:13)
 - Disordered Worship/Idolatry (Exodus 23:33)
 - Death (Romans 5:21; 1 Corinthians 15:56; James 1:15)

2. Rejected by the Contemporary Culture

- Moral culpability points to something greater, this is untenable to the secularist



What is Guilt?

3. Biblically Defined

- Fact (not a feeling)
- Relates to judicial liability (e.g., transgression)
- Culpability leading to punishment
- Serious in nature (Romans 1:18; Romans 2:5-6)
- Rebellions against the Ruler-Maker/Standard Bearer



Guilt vs. Guilty Feelings

Biblical Guilt	Worldly Guilt
Fact of Scripture (judicial liability; objective)	Feeling and Self-Perceptions (self-condemnation; troubled conscience)
Inherent Responsibility/Culpability	Avoid Responsibility
Confession/Repentance Necessary	Good Works Assuages Bad Feelings
Goal: Justified before God	Goal: Feel “Cleared” and Justified

The Conscience as the Faculty of the Soul

- Serves as a Warning Light Revealing Guilt
- Provides an Evaluation/Diagnostic for our Thinking and Actions
- Operates in Proper Self-Reflection and Self-Confrontation
- Fundamental Purpose is to Condemn us (Romans 2:14-16)
- Conscience is only Purified or “Clean” through Justification (Hebrews 9:9-10, 13-14)



Dealing with and Unveiling Guilt

1. Never Minimize the Fact of Guilt

- Guilt is Universal because Sin is Universal (Romans 3:19, 23)
- Guilt is Serious because God is Holy
- Guilt Remains Despite Man-Centered Attempts

2. Never Minimize the Feeling of Guilt

- Consider the Underlying Reasons for Guilty Feelings
 - Regret and Shame
- Trace those to a Root Need for Hope and Change

3. Never Underestimate the Effects of Guilt

- Bodily Impact (Psalm 32:1-5)
- Spiritual/Emotional Impact (Psalm 38:1-8)



Worldly Sorrow

Sorrow for Thyself | *κόσμου λύπη*

- **Lupeo** – pain, grief, affliction, annoyance, mourning
- **Kosmos** - the ungodly multitude; the whole mass of men alienated from God, and therefore hostile to the cause of Christ (Thayer)

“The sorrows of worldly men for worldly things will bring down gray hairs the sooner to the grave, and such a sorrow even for sin as Judas had will have fatal consequences, as his had, which wrought death” (Matthew Henry)



Godly Sorrow

Sorrow According to God | *κατὰ θεὸν λύπη*

- “Spoken of in relation to the counsel, interests, and things of God” (Thayer)
- Literally “A grief God intended”; “to make sorrowful as God intended”

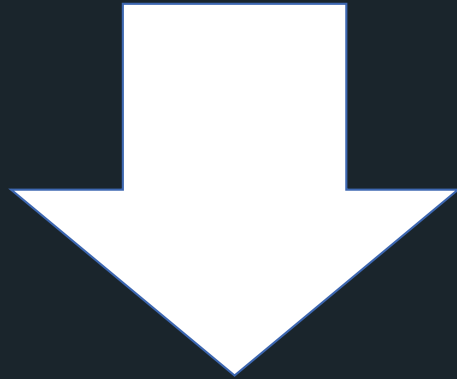
“According to the will of God, tended to the glory of God, and was wrought by the Spirit of God” (Matthew Henry)



Godly Sorrow vs. Worldly Sorrow | 2 Cor 7:5-11

Worldly Sorrow (unbelief)	Godly Sorrow (belief)
Regrets Giving Sin Up	Glad to have Sin Uncovered
Laziness, Carelessness, Lack of Concern	Eagerness to Deal with the Sin
Excuses, Defending Accusations	Seeking Pardon
Angry at the Mess, Others, Self	Righteous Indignation
No Longing for True Restoration	Fear of God
Run to False Refuges	Longing to Settle the Issue (Restoration)

Pride



Worldly
Sorrow

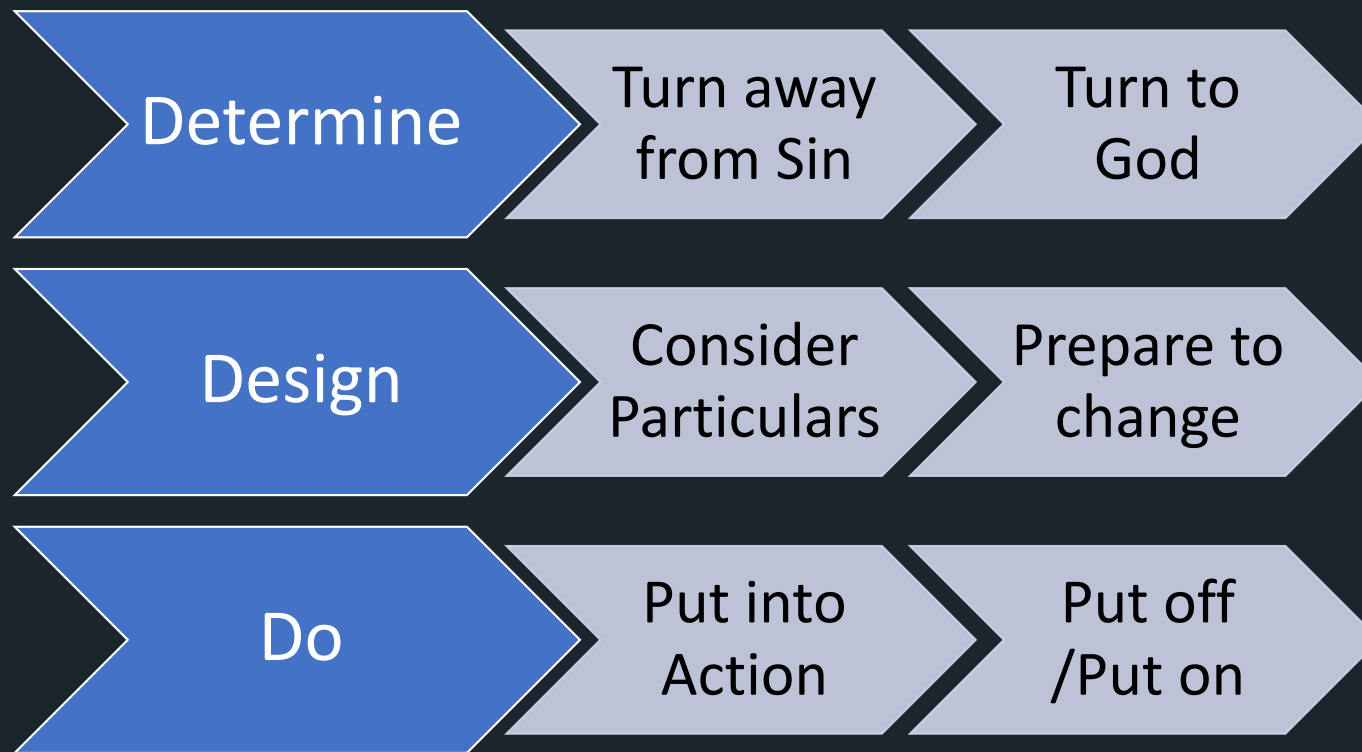


Godly
Sorrow



Humility

Three Facets of Repentance



What is Repentance?

1. Abiding, Resting, and Withdrawal (Isa 30:15)
2. Change of Mind (Matthew 3:8; Mark 1:4; Acts 11:18; Hebrews 6:1)
 - Implies and Uncovers One's Allegiances and Values (axios)
 - Associated with Forgiveness
3. Move towards Change
 - Pathway to Life
 - Associated with Maturity



Points of Application for Counseling

1. Restoration as the Objective (Galatians 6:1-3)
 - Present them Complete in Jesus Christ (Colossians 1:28-29)
 - Glorify the Father (1 Corinthians 10:31)
 - Watching our own walks as well (Galatians 6:1)
2. Keeping Dependency and Responsibility in View (Phil 2:12-13; 2 Timothy 2:15-17)
 - Holy Spirit as the Guide
 - Scripture as Means
 - Self-Sacrifice as the Goal



Points of Application for Counseling

3. Understanding the Nature of Sin

- Emphasis on the heart (affections, thoughts, and will)
- Beware of deceptions of the heart (e.g. blame shifting, ungodly remorse, unmet expectations)
- Identify clear sin (Prov 18:13)
- Confront sin gently and lovingly (Ephesians 4:15)
- Show how to deal with sin daily (1 John 1:7-9)
- Look for signs of a contrite heart (Psalm 51)
- Encourage a plan of action (Colossians 3:1-7; Romans 13:11-14)
- Use radical amputation when necessary (Matthew 5:29)



Points of Application for Counseling

4. Make Repentance a Matter of Prayer
 - Emphasize the importance of prayer and confession to God (1 John 1:7-9; Ephesians 4-6)

5. Encourage whenever you can (1 Thessalonians 5:11)



Guilt and Repentance

Samuel Stephens, Ph.D.



Worry & Fear

Samuel Stephens, Ph.D.



11/11/23

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In this talk, we will seek to...

1. Unpack biblical views of fear and worry
2. Review lessons from Scripture for each, and
3. Provide a few principles for counseling those who struggle with sinful fears and worries.



A Biblical View of Fear

Remember to Whom we Belong



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Biblical Depictions of Fear

- יִרְאַה - *yir'ah* (Genesis 3:10)
 - Fear or terror
 - Awesome or terrifying thing
 - Fear of God, piety, reverence
- חִרְדָּה - *charadah* (Isaiah 21:4)
 - Fear and Anxiety
 - Trembling exceedingly



Biblical Depictions of Fear

- φοβέω- *phobeō* (Matthew 10:26, 28, 31)
 - To put to flight through terror (to scare away)
 - Be struck and seized with alarm
 - To venerate, treat with deference or reverential obedience



A self-perceived sense of apprehension, dread, or awe marked by a belief that one's physical safety or personal wellbeing is under imminent threat of some external circumstance, force, or person greater than oneself.



Positive Connotations | Godly Fear

- “The fear of the LORD is clean, enduring forever; the rules of the LORD are true, and righteous altogether.” (Ps 19:9)
- “Moreover, look for able men from all the people, men who fear God, who are trustworthy and hate a bribe, and place such men over the people as chiefs of thousands, of hundreds, of fifties, and of tens.”— Exodus 18:21
- “Oh that they had such a heart as this always, to fear me and to keep all my commandments, that it might go well with them and with their descendants forever!” – Deuteronomy 5:29



Negative Connotations | Sinful Fear

- “But immediately Jesus spoke to them, saying, “Take heart; it is I. Do not be afraid . . . But when he saw the wind, he was afraid, and beginning to sink he cried out, “Lord, save me.” - Matthew 14: 27,30
- And he said, “I heard the sound of you in the garden, and I was afraid, because I was naked, and I hid myself.” – Genesis 3:10
- “Do not be afraid of sudden terror or of the ruin of the wicked, when it comes.” – Proverbs 3:25



Lesson on
Fear *from*
Matthew
10:24-31

Driving
Theological
Principle

Trust the
Master

Verse 24-25

Instruction
&
Admonition

Sinful
Fear

Verses 26-28a

Theological
Corrective &
Application

Fear
God,
Not
Man

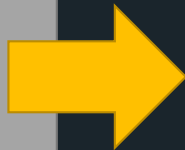
Verses 28b-31



Once the text is selected, identify the *Driving Theological Principle*

Trust the Master

Verses 24-25



- Recasts the counselee's presenting problem in a biblical framework (not a secular one)
- Serves as the "springboard" for instruction, admonition, correction, and application which follows
- Anchors the approach to this problem to biblical purposes (i.e. counsel with the end in mind)



Trust the Master

Verses 24-25



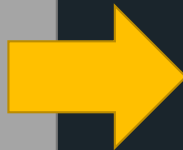
Jesus tells his disciples that they will be....

- Delivered to the courts
- Dragged before governors and kings
- Flogged in synagogues
- Abandoned by family unto death
- Hated by all
- Persecuted in towns and villages
- Rejected by men



Trust the Master

Verses 24-25



Jesus is the Teacher/Master

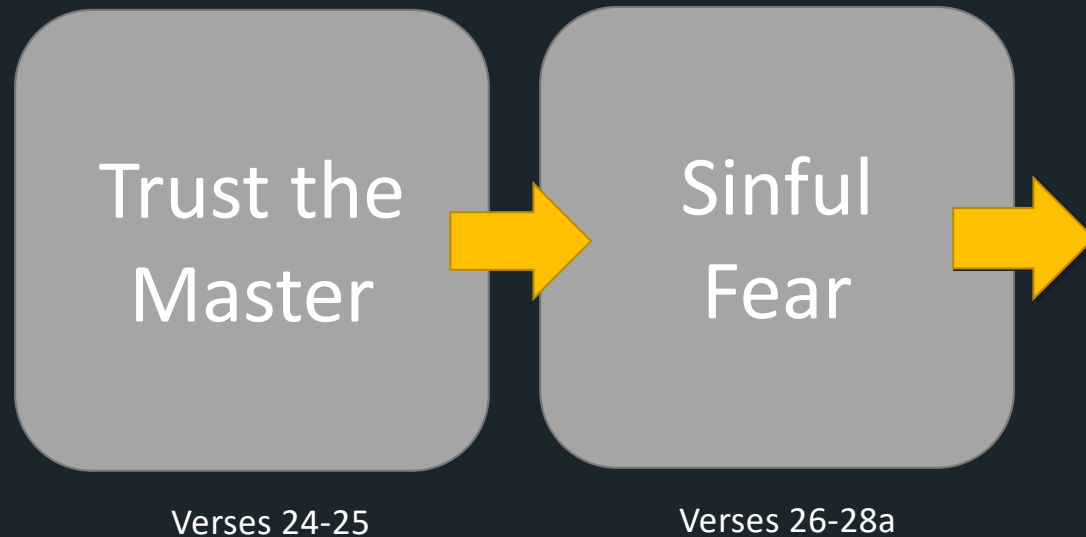
- He is Superior
- He is Sufficient
- He is the Standard

We are the Disciples/Slaves

- We are inferior
- We are insufficient
- We are to emulate



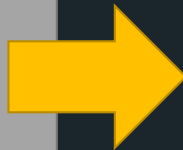
A Lesson on Fear from Matthew 10



Once the driving principle has been identified and biblical context has been understood properly...

Sinful Fear

Verses 26-28a



- Identify key concepts related to problem
- Breakdown instructional elements within the text in a clear, systematic way
- Tie the instructional elements to the driving theological principle to maximize comprehension and comprehensiveness



Countering Temptation with Truth

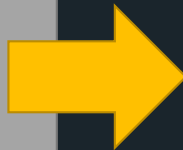
Temptation	Truth
Fear those who would cover the light with darkness (v. 26)	Christ reveals all that is hidden (v. 27)
Fear those who would seek to kill the body (v. 28a)	The body may be killed, but your soul is secure in Christ (v. 28a)

A Lesson on Fear from Matthew 10



Fear God, Not Man

Verses 28b-31



Once the problem has been biblically defined and solutions have been extrapolated from the passage...

- Lead into the application
- Highlight determinative implications behind the application
- Show relationship of driving theological principle to the theological application



Fear of God leads to Wisdom and Blessing

Lie	Truth
I should fear man more than God	God should be feared more than man
God doesn't know or care about my circumstances	God not only knows, but He deeply cares for those whom He loves
It doesn't matter if I acknowledge God	There are consequences for not acknowledging God

A Biblical View of Worry

Remembering on Whom we Depend



11/11/23

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Biblical Depictions of Worry

- **אָט**- *da'ag* (Jeremiah 17:8)
 - To fear, be anxious, be concerned
 - To dread
 - To be sorrowful, take thought
- **μεριμνάω** - *merimnaō* (Matthew 6: 25, 27-28)
 - To be anxious, worried, concerned
 - Put thought and attention towards
 - To care for/about - In the sense of looking toward self-interest



A Concise Definition of Worry

An inner sense of preoccupation and hesitancy marked by concerns that tend to overwhelm to the point of distraction and sorrow and ultimately lead to the inability to properly function.



Positive Connotations | Godly Concern

- “But I want you to be free from concern. One who is unmarried is concerned about the things of the Lord, how he may please the Lord . . .” –1 Corinthians 7:32
- “so that there may be no division in the body, but *that* the members may have the same care for one another.” –1 Corinthians 12:25



Negative Connotations | Sinful Worry

- “But when they hand you over, do not worry about how or what you are to say; for it will be given you in that hour what you are to say. – Matthew 10:19 (cf. Luke 12:11, 22, 25-26)
- “But the Lord answered and said to her, “Martha, Martha, you are worried and bothered about so many things . . .” – Luke 10:41



Lessons on
Worry from
Matthew
6:24-34

Driving
Theological
Principle

Can't
Serve
Two
Masters

Verse 24

Instruction
&
Admonition

Sin
of
Worry

Verses 25-32

Theological
Corrective &
Application

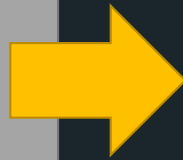
Seek
First
His
Kingdom

Verses 33-34



Can't Serve Two Masters

Verse 24

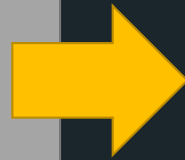


- Once the text is selected, identify the *Driving Theological Principle*
 - Recasts the counselee's presenting problem in a biblical framework (not a secular one)
 - Serves as the "springboard" for instruction, admonition, correction, and application which follows
 - Anchors the approach to this problem to biblical purposes (i.e. counsel with the end in mind)



Can't Serve Two Masters

Verse 24



- Whom/What do you serve?
- **δοῦλος**
 - Be in bondage
 - Do service unto as a slave
 - To yield/submit in obedience
 - Give oneself unto



A Lesson on Worry from Matthew 6

Can't Serve
Two
Masters



Sin
of
Worry



Verse 24

Verses 25-32



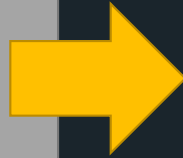
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Sin of Worry

Verse 24



- Once the driving principle has been identified and biblical context has been understood properly...
 - Identify key concepts related to problem
 - Breakdown instructional elements within the text in a clear, systematic way
 - Tie the instructional elements to the driving theological principle in order to maximize comprehension and comprehensiveness



Exposing Self-Sufficiency

Q1: Is not life more than food and the body more than clothing? (v. 25b)

- **2 Key Problems Addressed**
 - **1. Worried about lack of food (see v. 26-27)**
 - **2. Worried about lack of clothing (see v. 28-30)**



A Lesson on Worry from Matthew 6

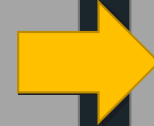
Can't Serve
Two
Masters

Verse 24



Sin
of
Worry

Verses 25-32



Seek
First
His
Kingdom

Verses 33-34



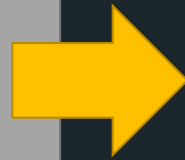
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Seek First His Kingdom

Verses 33-34

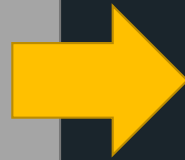


- Once the problem has been biblically defined and solutions have been extrapolated from the passage...
 - Lead into the application
 - Highlight determinative implications behind the application
 - Show relationship of driving theological principle to the theological application



Seek First His Kingdom

Verses 33-34



- Life is more than “these things”
 - Eternal vs. Temporal Perspective
- There is no profit in worrying
 - Self-sufficiency vs. Dependence upon God
- Worrying is a lack of trust in God
 - God’s care for us is tied directly to his character/personhood
 - Trust vs. Mistrust
 - Active Rebellion vs. Passive Victimhood



Counseling Fearful and Worried People

1. Don't minimize or trivialize fears and worries
2. Don't sanitize or whitewash fears and worries
3. Consider both the object and motivation behind the fear and worry
4. Consider physical symptoms of sinful fear and worry
5. Utilize biblical terminologies and frameworks for discussing emotional upsets
 1. The focus should not be on the fear or worry, it should be oriented on God
6. Provide hope leading to heart change, not coping mechanisms



Worry & Fear

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Counseling Those Committing Sexual Sin

Samuel Stephens, Ph.D.



We must understand the . . .

1. Nature of Sexual Sin

2. Cycle of Sexual Sin

3. Fighting Sexual Sin





The Nefarious Nature of Sexual Sin



Spiritually
Poisonous



Bodily Defiling



Self-Worship



Shameful



Worldly/Fleshly



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3

The Nefarious Nature of Sexual Sin

1. Poison from Within

Mark 7:20-23 - And he said, “What comes out of a person is what defiles him. For from within, out of the heart of man, come evil thoughts, sexual immorality, theft, murder, adultery, coveting, wickedness, deceit, sensuality, envy, slander, pride, foolishness. All these evil things come from within, and they defile a person.”

- *Defile* (κοινώω) – to consider profane, to pollute, call common/debased
- *Sexual Immorality / Fornications* (πορνεία) – illicit, forbidden, sexual intercourse
- *Sensuality* (ἀσέλγεια) – lack of self-restraint, self-abandonment esp. sexually



The Nefarious Nature of Sexual Sin

2. Sin against the Body

1 Corinthians 6:18-20 - Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body. Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.

- Therefore, believers must ...
 - Reject self-worship in the form of sexual immorality
 - Receive the Holy Spirit through repentance and obedience
 - Flee from sexual immorality and its temptations
 - Fight for God's Glory through a pure life in the body



The Nefarious Nature of Sexual Sin

3. Corrupted Worship

Paul presents several key truths concerning the dangers with sexual immorality (1 Cor 6:12-20)

- Sexual Immorality is an abuse of our LIBERTY in Christ
- Sexual Immorality is a domination of us by LUST of the World
- Sexual Immorality is a rejection of the LORD and His Kingship

1 Corinthians 6:13b -The body is not meant for sexual immorality, but for the Lord, and the Lord for the body.



The Nefarious Nature of Sexual Sin

4. Shameful Uncovering

- Before the Fall, Adam and Eve were naked, but not ashamed (Genesis 2:25)
- After the Fall, their "eyes were opened, and they knew they were naked" (Genesis 3:7)
 - Afraid
 - Shamed
 - Isolated
- After the Fall, God addressed their nakedness/sin, by providing a covering (Genesis 3:21)
- From this point on, the uncovering of nakedness = shame, curses , death (see Noah, Lot, Judah, Reuben)



The Nefarious Nature of Sexual Sin

5. Fruit of the Flesh

Galatians 5:19-21 - Now the works of the flesh are evident: sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God.

- *Works of the Flesh* (ἔργα τῆς σαρκός) – labor/deeds, denotes occupation and practice
- *Sexual Immorality / Fornications* (πορνεία) – illicit, forbidden, sexual intercourse
- *Sensuality* (ἀσέλγεια) – lack of self-restraint, self-abandonment esp. sexually
- *Do such things* (πράσσω) – to exercise, carry on with, make practice

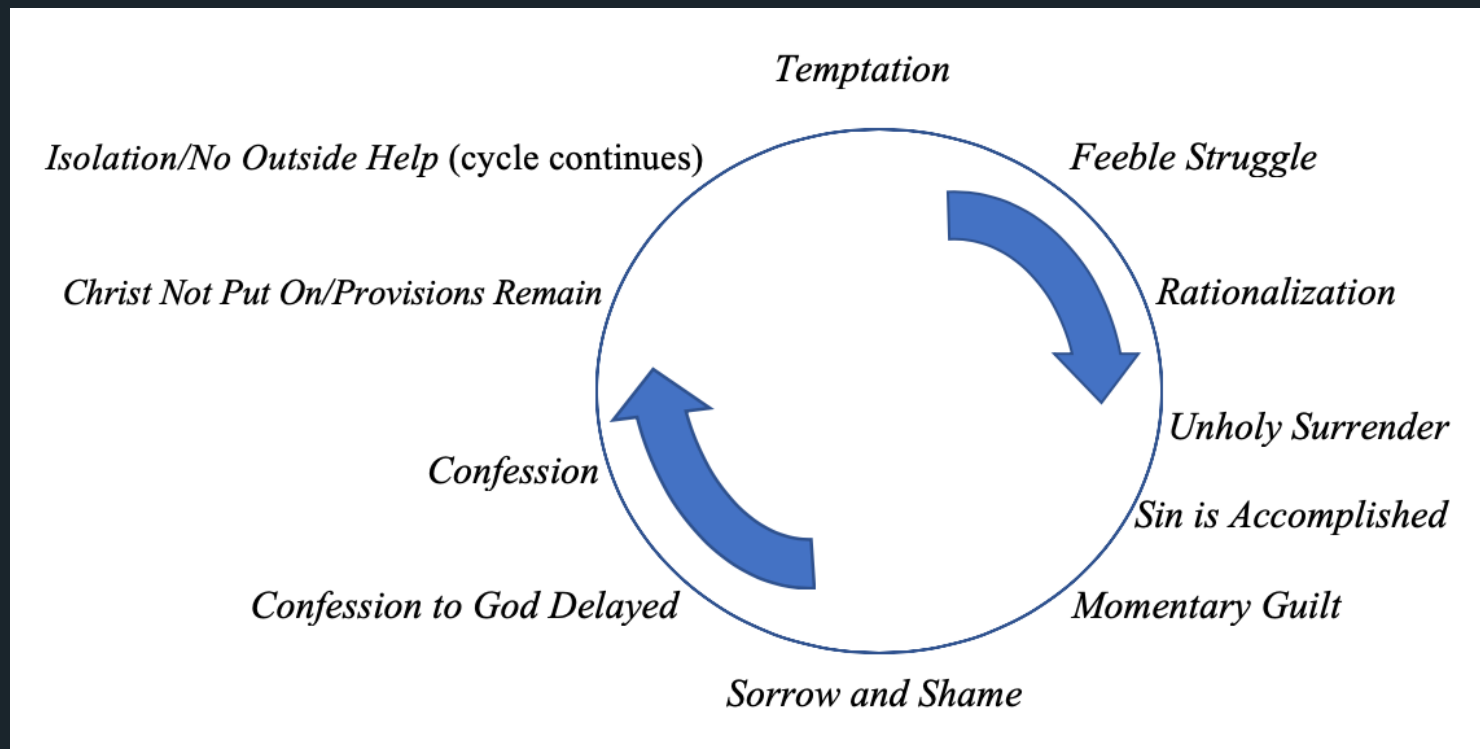


Deeds of the Flesh vs. Fruit of the Spirit

Sensuality ἀσέλγεια	Self-Control ἐγκράτεια
Uncontrolled Appetite (Proverb 23:1-3)	In Step with the Spirit (Galatians 5:22-25)
Futile Thinking and Calloused Heart (Ephesians 4:17-20)	Mark of Holy and Righteous Living (Acts 24:25)
Blaspheme the Truth and Mislead Others (2 Peter 2:1-2)	Adds to Our Faith and Produces Endurance (2 Peter 1:3-9)
Walking in Darkness (Romans 13:12-14)	Renounce Ungodliness and Live Sensibly (Titus 2:11-14)
Lusts of the World (1 John 2:15-17)	Preparing our Minds for Action (1 Peter 1:13)



Disrupting the “Sin Cycle” | James 1:14-25



From Fruitless “Struggle” to Fruitful Fighting

Principle 1: Evaluate the Heart through Honest Self-Confrontation

- How often are you tempted?
- When are you tempted?
- What contexts provide avenues for temptation? (H.A.L.T.)
- What are you willing to do to get what you want?
- What desires of the heart are you fostering?
- What excuses do you use to minimize the sin?



From Fruitless “Struggle” to Fruitful Fighting

Principle 2: Ask Pointed Questions regarding...

- Particular expressions of sexual sin
- Frequency and length of time of sexual sin
- Various levels of involvement and investment
- Points and means of access



From Fruitless “Struggle” to Fruitful Fighting

Principle 3: Communicate the Danger of Sexual Sin

Sensuality ἀσέλγεια
Uncontrolled Appetite (Proverb 23:1-3)
Futile Thinking and Calloused Heart (Ephesians 4:17-20)
Blaspheme the Truth and Mislead Others (2 Peter 2:1-2)
Walking in Darkness (Romans 13:12-14)
Lusts of the World (1 John 2:15-17)



Prov 5:4-5 – but in the end she is bitter as wormwood, sharp as a two-edged sword. Her feet go down to death; her steps follow the path to Sheol;

Prov 6:32-33 – He who commits adultery lacks sense; he who does it destroys himself. He will get wounds and dishonor, and his disgrace will not be wiped away.

Prov 7:21-23 – All at once he follows her, as an ox goes to the slaughter, or as a stag is caught fast till an arrow pierces its liver; as a bird rushes into a snare; he does not know that it will cost him his life.

From Fruitless “Struggle” to Fruitful Fighting

Principle 4: Turn to Christ in Genuine Repentance

- Avoid Fruitless Struggles
 - I’ll try harder next time
 - These rules will protect me
 - I’ll pray more
- Only “in Christ” that we have hope (Col 3:1-3; 2 Cor 4:16; 1 John 2:28-29)
- Implement a Confession and Repentance Plan
 - Confess your sins to God and seek His forgiveness (Ps 32:5)
 - Confess your sins to those you have sinned against (Luke 17:3-4)
 - Confess your sins to your accountability partner (James 5:16)
 - Take steps towards radical amputation to avoid future temptation.



From Fruitless “Struggle” to Fruitful Fighting

Principle 5: Devote Yourself to Others in Radical Accountability

- Accountability must be constant. The term is not found in the Bible, but the concept is biblical (Galatians 6:1-2)
- Effective (and BIBLICAL) Accountability (This is not group therapy) should...
 - Involve others early rather than late.
 - Rely upon someone with spiritual maturity.
 - Include those with authority. (Hebrews 13:17a; Matthew 18)
 - Avoid explicit details, but does not fail to bring unfruitful deeds up for examination (Eph 5:11-12)
 - Place responsibility for confession on the person with the problem.
 - Be fueled by prayers of the righteous, which avail much (James 5:16)
 - Bring light into the situation (harder to hide sin)



From Fruitless “Struggle” to Fruitful Fighting

Principle 6: Implement a Plan to Radically Amputate Sin

- Radical Amputation is a total and complete severance of the sin and its entire avenue into the life (Matthew 5:29-30)
 - Secure a commitment that the behavior is wrong and needs to stop and put in place protections.
 - Work on this even before heart change has occurred. (Obedience as the motivating factor, not bad feelings)
- Radical Amputation Considerations
 - Password Protections
 - Discontinue Cable or Streaming Services
 - Redesign Schedule or Daily Routine
 - Surround yourself with the Body of Christ
 - Be prepared to give up your rights



From Fruitless “Struggle” to Fruitful Fighting

Principle 7: Continue a Defensive Posture towards Temptations

- Be prepared to “flee” sexual temptation at the earliest time. Remember, it is not showing weakness to flee. It takes endurance and strength to flee!
- Pray and seek the Lord.
 - What have you been desiring?
 - Ask for His help.
 - (What do you want God to do and what do you expect God to do?)
- Call your accountability partners proactively and not only after you fall!
 - But don’t blame them for your failure.



Counseling Those Committing Sexual Sin

Samuel Stephens, Ph.D.

