

## Frameworks and Context for the Practise of Gospel Counselling Conversations

- Biblical Lenses for engaging our world (5 Feb)
- The church as a discipleship community (5 Mar)
- Listening presence (2 Apr)
- How to walk with someone in suffering (7 May)
- Mentoring Relationships (2 Jul)
- The Principles of Gospel Counselling Conversations (6 Aug)
- ➔ **The Practice of Gospel Counselling Conversations (3 Sep)**
- ➔ **Discipling One Another with the Gospel (through Counselling Conversations) (1 Oct)**
- Building Mental Resilience And Spiritual Wellness through Christ-Centred Practices

## Content

### 1. The Principles of Gospel Counselling Conversations

1. The Call to Biblical Counselling
2. The Goal of Biblical Counselling
3. Biblical Counselling as a Community Project
4. A Counsellor as Christ's Ambassador
5. Understanding Our Human Heart
6. The Gospel of Our Salvation As Good News for Our Fallen Hearts
7. The Unique Place of Prayer in Biblical Counselling

### II. The Practice of Gospel Counselling Conversations

1. Prepare
2. Listen
3. Reveal
4. Support

## Scriptural Qualification to Counsel One Another

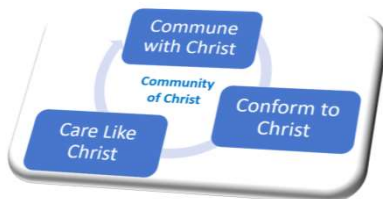
12 And again, Isaiah says,

“The Root of Jesse will spring up,  
one who will arise to rule over the nations;  
in him the Gentiles will hope.”





13 May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

14 I myself am convinced, my brothers and sisters, that you yourselves are full of goodness, filled with knowledge and competent to instruct one another.

## The Heart of a Counsellor as Christ's Ambassador



### Four Marks of Christlike Character That Every Biblical Counselor Must Cultivate

- Relating Like Christ: Loving God and Others Passionately 
- Thinking Like Christ: Renewing My Mind to View Life from God's Eternal Perspective 
- Choosing Like Christ: Dying to Self and Living Sacrificially for Others 
- Feeling Like Christ: Facing Life Honestly and Managing My Moods Biblically 

A Chart by Bob Kellemen

## Biblical Counselling=Applying **Care & Direction** to **Suffering & Sin**

### 1. **Biblical Soul Care** for **Suffering**:

- Weep with those who weep, by offering care and **empathy** for the troubling story.
- Give hope to the hurting , offering healing comfort and **encouragement** for the faith story.

### 2. **Biblical Spiritual Direction** for Temptations and Besetting **Sins**:

- Dispense Grace and Confront sin, offering biblical **empowerment** in the redemptive story.
- Disciple, Coach, and Mentor, offering biblical wisdom and **equipping** in the growth-in-grace story.

Adapted from Kellemen, Robert W.. Gospel Conversations (Equipping Biblical Counselors) (p. 100). Zondervan. Kindle Edition.

## Applicable Bible Reading Skills for Counselling

## The Science of Bible Reading—3 Questions facilitating accurate reading or LISTENING

- What is the text saying?
  - Subject
- What is the text saying about what it is saying?
  - Content
- Why is the text saying what it is saying?
  - Authorial Intent

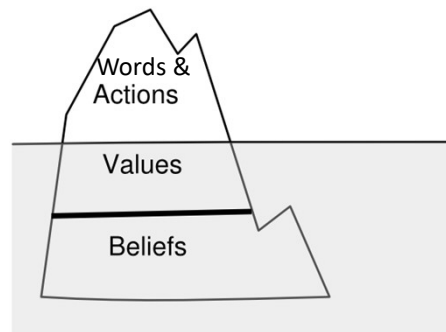


==> **Application**

## The Art of Bible Reading/Listening—Beyond the Surface Text/Words

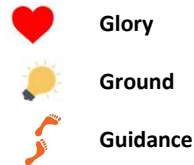
Discerning the presence of

- Structure
- Subtext
- Intertext



## A Trinitarian Gospel Framework for Applying Scripture to Our Sanctification/Discipleship

- ♥ • **Revel in the Glory of God** (future-oriented—responding in hope)
- 💡 • **Riveted to the Ground of Christ's work** (past-oriented—responding with faith)
- 👣 • **Rely on the Guidance and Empowerment of the Holy Spirit** to become Christlike (present-oriented—responding in love)



## Counselling's Sanctification Goals—Transforming 4 Chambers of the Heart.

### The 4 HEART CHAMBERS

- ♥ 1. **Relationally (Affections)** -From Spiritual Adulterers to God's beloved Children.
  - 💡 2. **Rationally (Mind-sets)** -From Now-focused Boasters to Hope-filled Grace Narrators
- Resulting in:*
- 👣 3. **Volitionally (Will/Purposes)** -From Enslaved Self-Seekers to Kingdom Servants
  - 👣 4. **Emotionally (Feelings/Moods)** -From Ungoverned Users to Love & Joy-Filled Worshipers

## By Knowing and Living Out God's Love as His Beloved

Therefore ***be imitators of God***, as  **beloved children**. And  **walk in love**, as  **Christ loved us and gave himself** up for us, a fragrant offering and sacrifice to God. (Eph 5:1-2)

## Key Movements in Gospel Conversations

**1. Prepare**-cloth your heart in Christ's heart, undergird all steps with prayer



1 = upward movement towards Christ

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**2. Listen**-know, understand and enter the person's world to incarnate Christ's love



2 = downward movement towards the person

**3. Reveal** – identify sin, bring in God's grace and truth

**4. Support**- to apply God's truth for heart and behaviour change



3 & 4 = upward movement towards Christ

## COLOUR CODE FOR:

Tools for Counselling

Examples and Exercises

Case Study

Homework for Counsellee

# 1. Prepare



## A Heart Filled with Love and Truth in Christ

“the first thing I do is pray that I will listen well and wisely out of a heart of love and a mind filled with gospel truth.”

Kellemen, Robert W.. Gospel Conversations (Equipping Biblical Counselors) (p. 45). Zondervan. Kindle Edition.

## A Heart Living Out Love and Truth in Christ

- 1Th 2:7 But we were gentle among you, like a nursing mother taking care of her own children.
- 1Th 2:8 So, being affectionately desirous of you, we were ready to share with you not only the gospel of God but also our own selves, because you had become very dear to us.
- 1Th 2:11 For you know how, like a father with his children,
- 1Th 2:12 we exhorted each one of you and encouraged you and charged you to walk in a manner worthy of God, who calls you into his own kingdom and glory.

## The Clothing We Put On to Embody Christ to Those We Are Ministering

- Col 3:12 Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience,
- Col 3:13 bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive.
- Col 3:14 And above all these put on love, which binds everything together in perfect harmony.

## Identify with the suffering

- I'm a fellow brother in Christ,
- in the same family of the Father,
- with identical standing before God,
- experiencing similar suffering in a fallen world,
- being transformed by the Holy Spirit in holiness
- Coming and standing alongside another brother/sister
- Pointing the brother/sister to the Father
- For Christ's sake



“To lose charity, tenderheartedness, sympathy and generosity is always to simultaneously pervert the redemptive nature of biblical revelation.”

By Powlison, David. 2001. in *Care for the Soul*

## 2. Listen

Listening Attentively and Biblically (Theologically), by Asking the Right Questions, Organising Data, Identifying Conflict, and Summing Up Big Ideas.

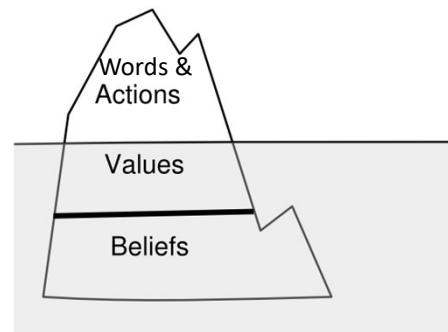
In listening you are trying to

- Understand their problem
- Understand how they see their problem
- Get them to label their problem
- Climb into their shoes to EMPATHISE with them

## The Art of Bible Reading/Listening—Beyond the Surface Text/Words

Discerning the presence of

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## Listen to Know the person

Don't Assume, ASK

Thinking we know prevents us from asking

1. We assume we know the person because we know people at large
2. We assume we know because we have similar experience

### Tool for identifying cultural differences



Lingenfelter and Mayers, *Ministering Cross-Culturally*, 27.

1. Time versus Event Orientation	<b>Time Orientation</b> <i>Values:</i> Punctuality, scheduling, and time limits	<b>Event Orientation</b> <i>Values:</i> People involved, events, and present experience
2. Task versus Person Orientation	<b>Task Orientation</b> <i>Values:</i> Actions and developing relationships based on goal achievement	<b>Person Orientation</b> <i>Values:</i> Relationships and finding satisfaction in group experiences
3. Dichotomistic versus Holistic Orientation	<b>Dichotomistic Orientation</b> <i>Values:</i> Making judgments based on clearly communicated systems of right and wrong	<b>Holistic Orientation</b> <i>Values:</i> Open-ended discussion including a wide range of opinions and interactions in decision-making
4. Status versus Achievement Orientation	<b>Status Orientation</b> <i>Values:</i> Identity in socially-fixed factors like birth and rank	<b>Achievement Orientation</b> <i>Values:</i> Identity in personal achievements and accomplishments
5. Crisis versus Non-crisis Orientation	<b>Crisis Orientation</b> <i>Values:</i> Anticipating problems, planning ahead, seeking expert advice	<b>Non-crisis Orientation</b> <i>Values:</i> Downplaying crisis, delaying decisions, and distrusting expert advice
6. Concealment of Vulnerability versus Willingness to Expose Vulnerability	<b>Concealment of Vulnerability</b> <i>Values:</i> Self-image, hiding weaknesses, and being uncomfortable with criticism	<b>Willingness to Expose Vulnerability</b> <i>Values:</i> Admitting shortcomings, self-image based on authenticity, and being open to criticism

## General Rules for Asking Questions

- Ask **open-ended questions**
- Ask **survey (context) questions** about different areas of the person's life, inside and outside home, past and present, to see the whole person, to find larger themes, behaviour, motives.
- Ask **focus questions** on an area to uncover roots and causes.
- Ask **progressive questions** to understand more of what you have heard

## To Enter the Person's world

- Listen for emotional words
- Listen for interpreting words (view/evaluation of the situation)
- Listen for self talk (view on self)
- Listen for God talk (view on God/statements of belief/understanding of a biblical truth)
- Listen for goals and purpose
- Look for a theme in the person's struggle, **grab the theme** and **meet the person in his struggle**
- Let the person know you have heard him, God is there, you are with him.

## The Conflict/Struggle is a gateway

“Counseling usually starts with immediate, troubling experience, and moves toward the God whose person, words, and actions bring light.”

- Powlison, David. 2021. [The Pastor as Counselor: The Call for Soul Care](#). Wheaton, IL: Crossway.

## Tool for Exploring Context

What brings you here today?	Circumstantial
When did this situation or feeling begin?	Circumstantial Historical
Have you ever gone through this before? If so, what did you do last time?	Historical
What have you been doing about this up until this point?	Historical
What support or advice, if any, have you been given about this? By whom (friends, pastors, counselors, etc.)?	Historical Cultural
What have you been telling yourself about what is going on?	Historical Cultural
What are you hoping to get out of our time together today?	Circumstantial

Cusick, Jason. 2014. [Read Me Like a Book](#)



## Using a Narrative Plot Tool to ask questions

What brings you here today?	Inciting Incident
When did this start? What other issues are making your current situation difficult?	Setting
What are your current struggles or conflicts? What are your sources of stress?	Conflict
Who are the main people in your life? Where, if anywhere, do you see God in this?	Characters
What are all the different voices in your life saying right now? What, if anything, do you sense God saying to you right now?	Dialogue
Where do you see this situation going? What do you sense God doing?	Plot

Cusick, Jason. 2014. [Read Me Like a Book:](#)



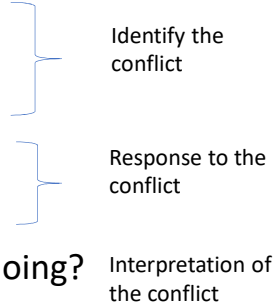
## Categories of questions for zooming in to a particular situation/conflict to understand more

- **What**-general information, clarify terms they use.
- **How**-the way things happen or were done
- **Why**-purpose, desire, goals, motives
- **Where?** Where-pattern, themes, setting where it happens and how often.
- **When?**- order of events, triggers.





## Other Helpful Questions

- What are you struggling most with now?
  - What keeps you from sleeping at night?
  - What in the situation is getting to you most?
  - What are you feeling?
  - What are you afraid of now?
  - How do you see God now? What do you think He is doing?
- 



## Exercise: Identify And Use Conflict As a Gateway

Statement of Conflict	Core Beliefs or Assumptions
I have been living a good life, so why is this illness happening to me?	
I raised my son in the church and now he's gone and joined another religion!	
I gave thirty years of my life to that company and they just laid me off!	
I've been praying for God's direction and I'm getting no clarity at all!	

## Processing Our Listening

- Organize information into Biblical categories to see the **responses** in the 4 chambers of the heart to the conflict.
- Then step back and ask, where does Scripture say change should happen.

## We Are Either Captivated by Christ or by Empty Human Philosophies

“See to it that no one takes you captive by philosophy and empty deceit, according to human tradition, according to the elemental spirits of the world, and not according to Christ.”

(Col 2:8)

## Knowing a person biblically in the 4 chambers of the heart through a conflict

Situation/Conflict	Volitional Response	Rational Thoughts	Relational Motives	Emotional feelings
<b>What's happening/ has happened</b>	<b>What did the person do in response</b>	<b>What does the person think about what's happening</b>	<b>What does the person want out of the situation</b>	<b>What is the person feeling</b>
Past and present circumstances. Pressures, opportunities, responsibilities, temptations, significant relationships and experiences, major events, presenting problems	Words Used and Behaviour in the situation	How the person <b>interpret</b> the situation	Desires, goals, <b>treasures</b> , motives, values, idols	Emotions express our <b>reaction to our interpretation</b> of a situation. It often reveals what the person <b>cares most</b> about.



## Identity and summarise the conflict and the big picture

Summary in 2 sentences:

Describe the setting that triggers the conflict: \_\_\_\_\_

What happens when the counsellee encounters, thinks, or does . . .

Describe the conflict: \_\_\_\_\_

Sum up in one sentence:

The conflict and the solution : \_\_\_\_\_



A Tool for Identifying root problem and solution from the presenting problem/conflict.

## A. Eightfold Core Curriculum for Discipleship



Chan Edmund and Ann. 2009. Roots & Wings. 22-28



## These 8 curriculum are fundamental, progressive, diagnostic and prescriptive

1. Who is God?  
(Biblical Theology)
2. Who is my Master in life?  
(Biblical Allegiance)
3. Who am I?  
(Biblical Identity)
4. What am I called to do?  
(Biblical Purpose)
5. What is of ultimate importance in my life?  
(Biblical Values)
6. What are the things I must put first?  
(Biblical Priorities)
7. How can I be empowered?  
(Biblical Empowering)
8. What should I anchor my life upon?  
(Biblical Foundation)

Surface  
Problem

Root  
Problem

Solution

From the presenting problem, take one step back to find the root problem, take two steps back to find the solution.



## Listening

Examples and Exercises for Organising data, Identifying Conflict, and summing up Big Idea

## Example 1

- Ann was feeling frustrated and depressed about not being able to find a job. As she shared her story, Ann mentioned that she did not finish her degree because of feelings of depression resulting from a history of verbal abuse and high academic demands by her mother. When she thought about work or going back to school, she felt drained and unmotivated. Ann had extra-personal conflict with the job market, but her main conflict was internal—with her mother’s criticisms echoing in her head.

## Knowing a person biblically in the 4 chambers of the heart through a conflict/suffering

Situation/Conflict	Volitional Response	Rational Thoughts	Relational Motives	Emotional feelings
What's happening	What did the person do in response	What does the person think about what's happening	What does the person want out of the situation	What is the person feeling
Ann did not finish her schooling because of depression. She suffered verbal abuse and high expectation of her mother. She had a lot of conflict at work. Not motivated to work or study	She quit her school and do not want to work	Think of her mother's harsh words to her	She wants to avoid criticism from her mother	Frustrated and Depressed
Digging Deeper:		She read it as her mom's disapproval of her	She wants her mom to value her and affirm her worth	She felt condemned by her mom's disapproval. Her sense of self worth is undermined.

## Exercise: Identify the Big Idea

A possible two-sentence Big Idea for Ann's story could be:

- **“What happens when Ann thinks about her joblessness and dropping out of university?”**
- **Her mother's negative and demanding criticisms echo in her head, it undermines her self-worth.”**

A one-sentence to identify conflict & solution—Big Idea for Ann could be:

- **“This is the story of a woman who must learn to hear God's grace louder than critical voices.”**

• Adapted from Cusick, Jason. 2014. *Read Me Like a Book*

Q & A