



Basic Counselling Conversations Part III:
Discipling One Another with the Gospel

Saturday Equipping Training Session
1st October 2022

Frameworks and Context for the Practise of Gospel Counselling/Discipleship 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 (Counselling Conversations III) (1 Oct)**
- Building Mental Resilience And Spiritual Wellness through Christ-Centred Practices (26 Nov)

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**
- } **Discipling One Another with the Gospel**

Review Key Lessons from Part I & II

Key Movements in Gospel Conversations

- 1. Prepare**-clothe 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

Counselling/Discipleship'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 Worshippers

COLOUR CODE FOR:

Tools for Counselling/Discipling

Examples and Exercises


Case Studies

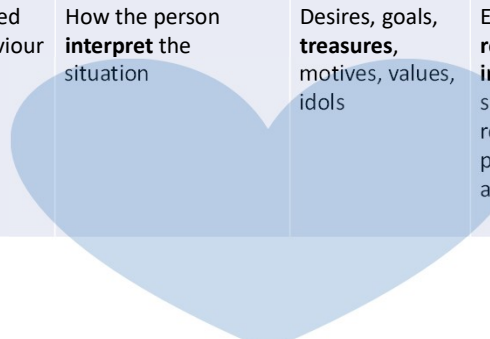

Homework for Counsellee/Disciples/Mentees

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!	

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

Situation/Conflict	Volitional Response	Rational Thoughts	Relational Motives	Emotional feelings
 What's happening/ has happened	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
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 interpret the situation	Desires, goals, treasures , motives, values, idols	Emotions express our reaction to our interpretation of a situation. It often reveals what the person cares most 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.



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

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 quitted 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*

Example 2:

- Alan was having a problem “getting into the Word.” He struggles to spend long hours sitting in front of his bible and prayer. After a few tries, he gave up. He felt he could never do a good quiet time with God. He stop having any devotion time with God at all.
- Alan's conflict was with his beliefs and assumptions about what quality time with God looks like.

Exercise to Organise Information on the responses from the 4 chambers of Alan's heart

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
Alan has problem getting into the word of God. He has stopped having devotional time with God because of past failure to keep up with his own desire to spend more time with God	Alan has stop spending time reading the Bible and praying	Alan thinks he cannot succeed in having a quality devotion time. He thinks quality devotion time means quantity time spend with God	Alan wants to spent quality time with God Alan wants to be accepted by God and to feel good that he pleases God	Alan feels defeated whenever he tries to do his devotion Alan feels inadequate to meet God's standard. He feels unloved by God
Digging Deeper		Alan thinks God's standard is beyond him		

Exercise: Identify the Big Idea

A possible two-sentence Big Idea could be:

- "What happens when Alan begins his personal time with God?"
- He feels defeated because he believes he is not spending enough time in his devotion."

A one-sentence description to identify conflict and solution—Big Idea for Alan might be:

- "This is the story of a man who must change his expectations of God in order to spend quality time with God."

Clue: Look at the 8-fold curriculum to determine the root and solution

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

- Alan's presenting problem is having a wrong expectation of God. His problem lies in the question "who is God.?"
- His root problem. His understanding of God is grounded on the wrong foundation. It's not the Gospel that he is anchoring his view of God on.
- Solution: Alan needs proper biblical empowerment. Alans need to relearn who God is through knowing and embracing the Gospel story.

Case Study

- Your 8 year old was frustrated that his younger brother took away his Lego assembly and broke it apart. Angrily he slapped the brother on his shoulder. You saw it and told him he cannot hit his brother on the shoulder. Defiantly he poked his brother on his ribs. You ask him why is he disobeying you. He replied, "I did what you said. You said no hitting him on the shoulder, so I poke his ribs."
- What would you do in response?

CASE STUDY

- Jack is a new chair person in the elderly activity ministry. He has a team of 5 others working with him. They are elderly people. They tried to support Jack in his role as the lead in the team. However, whenever they gave him feedback, Jack would become very sensitive. He would become angry and raise his voice. He finds it hard not to be appreciated. He started saying he wanted to leave for another place where he could be better appreciated.
- His team members persuade him to speak to you because Jack attends your small group.

Exercise to Organise Information on the responses from the 4 chambers of Jack's heart

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
Jack is a new chairman of the elderly committee. Despite having a supportive team, Jack did not like the feedback given to him. His team hopes to still work with him. They ask him to seek the counsel of someone he trusts.	Jack responded with negatively to the feedback.	Jack sees feedback as criticism and rejection of his leadership. Jack is thinking of quitting his role.	It seems Jack wants to appear right all the time. He wants appreciation for his work.	Jack feels angry when feedbacks are given.
Digging Deeper		Jack thinks his team doesn't value him. He thinks their feedback makes him look bad	Jack wants to be valued by his team. He wants their approval & to look good	He feels shamed as they made him look bad. He feels undervalued by the team

Big Idea Statement

A two-sentence big picture statement.

- What happens when Jack receives feedback on his leadership? Jack gets angry and feels unappreciated.

A one-sentence to identify conflict & solution:

- Jack needs to serve not based on his personal need to appear good and right, or be valued by others, but for the good of God's people out of who he is as a child of God and servant of God's people.

More Tools for discerning the Big Picture

Getting the Big Picture (Counselee's Homework)

Read Luke 6:43-45

SITUATION:

- What is going on? (Circumstances, behaviour of others)

FRUIT:

- How are you responding to what is going on? (Emotions, actions, reactions)

ROOTS:

- What do you think about what is going on? (God, myself, others, life)

What do you want? (Goals, desires, wants, demands)

A simple Journal as a Tool to reveal patterns and themes in a conflict (Counselee's homework)

This is a record every time the conflict happens, eg, a quarrel with a co-worker, or a spouse. Use a small note book and jot down notes for 3 weeks. Write down:

- What happened?
- How did you feel?
- What were you thinking?
- What did you want?
- What did you do?

When the counselee return with the notebook after 3 weeks. Highlight all the common reactions. Eg, anger, fear, anxiety, etc.

3. REVEAL

Bringing in God's word and Gospel Truths to bear on the heart condition exposed by responses to the conflict/suffering

All Scripture is breathed out by God and profitable for **teaching, for reproof, for correction, and for training in righteousness,** that the man of God may be complete, equipped for every good work.
(2 Tim 3:16-17)

Ministry of the Word in Counselling

In personal terms the ministries of rebuking, correcting, and training are developmental:

- Rebuking means identifying moral delinquency.
- Correcting means restoring moral innocence.
- Training means building moral competence.

“If a wayward person were heading 180 degrees in the wrong direction, a rebuke would seek to name the path he or she is on and, ideally, to stop that person in his or her tracks. Correction would seek to bring about a pivot, reorienting the prodigal back toward the right goal. And training would seek to get the wanderer to begin recovering the lost moral ground, traveling forward toward greater maturity in godliness.”

- Watson, Jeffrey A., and Charles R. Swindoll. 2000. *Biblical Counseling for Today: A Handbook for Those Who Counsel from Scripture*. Swindoll Leadership Library. Nashville, TN: Word Pub.

Brothers, even if a person is caught in some trespass, *you who are spiritual restore such a person in a spirit of humility, looking out for yourself, lest you also be tempted.*

(Gal 6:1)

Confront and Comfort with the truth

We are not forcing the person to deal with us, but we place them before God, to receive God's restraining, forgiving, and restoring grace.

To do this, we need God to give us the love, courage, compassion and wisdom to represent Him well.

Ministering from Biblical Foundation




"People do not live life based on the facts of their experience, but on their interpretation of those facts"

"Biblical Personal Ministry is more about **perspective, identity, and calling** than about fixing what is broken."

"Biblical ministry is bringing God's transforming grace to where they are in what they are facing."




By Paul Tripp.

Application Target: The Whole Heart

- 
Glory
 - **Affective applications** involve helping people discover who God is and has done by acknowledging and exploring their *feelings and relationships* in light of their **identity** in Christ .
- 
Ground
 - **Perspectival applications** involve helping people discover what God has done and is doing in their lives thereby changing *their thoughts and beliefs* thus reshaping their **perspective**.
- 
Guidance
 - **Directive applications** involve helping people discover what God is doing and will do in and through their lives by thinking through *choices and adopting new behaviors* in light of their **calling** in Christ.

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

Gospel Truths Impacting Our Identity, Perspective And Calling

- 
 - **Through regeneration**, you're a new creation in Christ with a new nature. You're a saint.
 - **What are your new God-given desires? How could this truth impact you in your daily Christian walk? How could you be living differently based on your newness in Christ?**
- 
 - **Through justification**, knowing your new standing in Christ resulting in peace, shalom, and acceptance reign in your heart.
 - **When do you most deeply experience your acceptance in Christ? How does it impact how you see yourself?**
- 
 - **Through reconciliation**, you're a son/daughter of God the Father.
 - **How does this change the way you relate to God and others? Your life and calling? Your responsibilities? Your family and church life?**

Reshape, Recast, Reframe, and Rescript the Story



Reshaping—deliberate over their embedded theology.

- What are my beliefs about God, others, the world, and myself? Are these beliefs biblical? Healthy?



Reframing—consider new ways of viewing their situation.

- Is there another way to interpret what is happening to me? Could this bad thing in my life bring about something good? Might this conflict help me grow in some way? Is this relationship problem more about me than the other person?



Recasting—examine the influence of others in their story.

- Who is God using in my life? Are there important people I have excluded from my story? Are there perhaps some I need to exclude? How do I sense God speaking to me?



Rescripting—change the way they talk/relate to God, others, and themselves.

- How is what I am saying to myself helping or hurting my situation? Am I hearing from God, or am I simply rebroadcasting my own thoughts and feelings in prayer? How can I begin to think, feel, and act in ways that will help me overcome the conflict of my story?

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

Tools for Applying Scriptures

Questions for Applying the Gospel to the heart

Relationally (Being—Desires, Affections, Identity, Relationships)

- How well are you enjoying Christ more than other joys in life?
- To what extend are you admitting your need for God?
- To what extend are you loving others from the heart?
- What are thoughts and feelings about yourself at these moments
- What were you fearing or longing for from the other person
- **How are you viewing God at these moments?**
- What desire were you trying to satisfy?
- **What do you believe is most satisfying, God or that sin? Why? In what ways?**

Questions for Applying the Gospel to the heart

Rationally (Knowing—Mind, Perspectives, Beliefs, Interpretations)

- What were you thinking? What sentences were going through your mind during these times?
- **What were your thoughts about the other person? God? And life?**
- What lies do you think are pushing the truth about God out of your mind? How is Satan cropping God out?
- To what extend are you valuing what God values?
- How are you allowing God's eternal plan and story to invade your story?
- "As I give in to this sin, where am I pushing down evidence of God's goodness?"
- "How am I belittling God's holy love when I surrender to this sin?"
- "In association with this sin, where am I believing that God is a hoarder — a Shalt-Not God?"
- "What truths about God could deliver me from this temptation?"

Questions for Applying the Gospel to the heart

Volitionally (Doing—Will, Purpose, Words, Actions)







- **What do you hope to see when you do that? What result did you get?**
- See Jer 2:13, what cisterns are you digging to quench your thirst through that action?
- What pattern do you see in times when you choose this action instead of Christ?
- To what extend are you dying to yourself and taking up the cross?
- To what extend is the investment and energy of your life focus on God' purpose and mission?

Questions for Applying the Gospel to the heart

Emotionally (Feelings, Moods, Self-Control)

- **What are you feeling during these times?**
- How much of a sense of self-control do you feel over those negative feelings?
- When and where are you surrendering to your feelings instead of the Holy Spirit?
- How are you admitting, experiencing and identifying your feelings?
- How are you recognizing and connecting with the feelings of others
- **How are you managing your moods with a ministry focus?**
- To what extend you are finding joy and contentment in Christ as your everlasting portion?




Instructional Homework to replace unbiblical thoughts system with Biblical lenses

-  1. What does Scripture say about the heart? (Prov 4:23; Lk 6:43-45; Jam 4:1-5)
-  2. What is idolatry? (Ezek 14:1-6; Rom 1:18-32; 1 Cor 10:1-14; Eph 5:3-7)
-  3. What is the counsellee’s identity in Christ? (Rom. 6:1-14; 2 Pet 1:3-9)
-  4. Who is God and what is he doing? (Ps 34; Ps 46; Isa 40; Rom 8)
-  5. How should you understand trials and sufferings? (Rom 5:1-5; Jam 1:1-8; 1 Pet)
-  6. How should you deal with being sinned against? (Matt 5; 18:15-35; Rom 12:9-21)

Paul David Tripp, *Instrumentals in the Redeemer’s Hands*, 341.

Self Assessment Homework to examine the heart

Read James 4:1-6

-  • What I want out of life or people is _____
-  • My heart’s agenda has shaped my feeling and relationship in the following ways:
-  • _____

Adapted from Paul David Tripp, *Instrumentals in the Redeemer’s Hands*, 341.

Responding to Life's Situation (Nathan's Approach)

- Read the story: (Counsellor writes a story similar to the counselee's situation)
- List 5 ways to respond with accompanying goals/reasons





Respond	Reason
1.	
2.	
3.	
4.	
5.	

- Your response to your situation. _____
- How does this reveal your desires and purpose. _____




4. Support

Supporting Action Plans

Developing an action plan for Jack.

-  • Jack, what renewed **longings** will replace your old ones in relationship to God? And in your relationship to your team leaders (committee members)?
-  • Jack, what will you be **thinking** differently when an elder gives you constructive feedback? When an team leader shares hurtful criticism?
-  • Jack what do you want to be **doing** instead of being defensive?
-  • Jack, what new managed **moods** will you **put on** when you start feeling discouraged?

Identify barriers

-  • “What do you think will be the hardest part about implementing this new way of **looking** at things?” or,
-  • “What do you think will be the biggest challenge to **doing** things differently?” or,
-  • “What will be most difficult about this new way of **feeling**?”

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

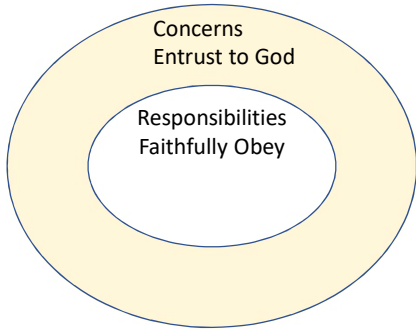
Encouraging Action

- ♥ • Jack, as you leave our time together today and you're on track toward applying this truth about you, Christ, and your team leaders, how will you be relating differently?
- 👣 • Jack, exactly what will you be doing differently the next time those old self-protective feelings tempt you?
- 👣 • Jack, how will you choose to respond through Christ to your team leaders?

• Adapted from Kellemen, Robert W.. *Gospel Conversations (Equipping Biblical Counselors)* (pp. 334-335). Zondervan. Kindle Edition.

More Tools for Supporting Action Plans

Distinguish between Sphere of Concern VS Sphere of Responsibilities



Things I'm concern about, but have not ability to do, and are not my responsibility, I need to entrust to God

- _____
- _____
- _____

Things God has called me to do that I can't pass to someone else.

- _____
- _____
- _____

Adapted from Paul David Tripp, *Instrumentals in the Redeemer's Hands*, p.250, 354

Put on Put off list

- The things in my life, my personal habits, my relationship, and my living situation, that I need to forsake

- _____
- _____
- _____

- Things I have not been doing that I now need to be committed to do

- _____
- _____
- _____

A Temptation Plan in a Card

- Things to think (Important passages, biblical concepts, warnings)
 - _____
 - _____
- Actions to take (things that must be done to have victory over this temptation)
 - _____
 - _____
- A person to call (someone who has agreed to be “on call” as a support and encouragement when needed)
 - _____

Adapted from Paul David Tripp, *Instrumentals in the Redeemer’s Hands*, p. 346

A Plan to Commune with God (for Us All)

What can you do to:

- read God’s Word regularly?
- hide God’s Word in your heart? Eg Romans 8:31–34 or 1 Corinthians 15:3–4..
- pray through Scripture and the truths it reveals?
- fast to focus on Christ and asking God for strength to help the hurting?
- join a small group where you’re studying the Bible with others? Do you get together with a friend to read the Bible together?
- maximise your commute by listening to an audio Bible or Christ-centered sermons?
- consistently worship with the church under the regular preaching of the Bible each week?.
- continually remind yourself about what God has done for you in the gospel? Are you seeking to make the Gospel a key part of your every day life?

Adapted from Furman, Dave. 2016. [Being There: How to Love Those Who Are Hurting](#). Wheaton, IL: Crossway.

Conclusion and Summary

Key Movements in Gospel Conversations

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



1 = upward movement towards Christ

-
- 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

Summary of Counselling Conversations

- Listen by asking good questions.
 - Identify the conflict, use it as the gateway
 - Organise data on responses of the heart to the conflict
 - Write a summary statement on the conflict, and a conflict-solution statement
- ↓ downward movement
towards the person
- Bring God's word to bear
 - Put off the old and put on the new identity provided by our regeneration, justification, reconciliation, redemption.
 - Apply these truths and good news to the 4 chambers of the heart
 - Support Application
 - Identify sphere of concern vs sphere of responsibility
 - Develop an action plan addressing heart, head and feet
 - Identify barriers
 - Encourage Actions
- ↑ upward movement
towards Christ

Note:

- Focus on small changes, realistic task that can be accomplish, celebrated and reinforced.
- Time and patience are need to see God change people.

Do 3 Simple Things in Counselling Conversations If You Forget Everything Else

Prepare—Pray for God's truth and love to fill your heart and then:

1. Listen—With full attentiveness in the counselee and God's presence
2. Reveal—Ask God for a word to leave behind
3. Support—Pray with and for the person

What not to do

- **Minimise** the problem: "O you've lost one leg, but **at least** you have one leg left."
- **Compare**: "I broke my hip 3 years ago, I know how you feel."
- **Interrogate**: "Did your wife put on the seat belt when she met the car accident? Was she texting someone?"
- **Spiritualise** the issue: "Praise God, she is now in heaven with no more pain." Preach or just quote the Bible at the person.
- **Be the solution**: "When I applied this medicated oil I was healed, use it and you can be healed too."
- **Overpromise**: "I will be here for you 24/7. Call me anytime." "Do this and God will surely heal you."
- **Condemn**: "Do you know God is punishing you now? What secret sin have you committed to get this problem?"
- **Hurry** him/her to just move on: "O he is in a better place now, you need to just move on with your life."
- **View/Identify** the person through/with the problem outside the counselling setting by talking/asking about the problem every time you see the person. In the church context, you are a brother/sister/friend besides being a counsellor.

Offer Friendship and Fellowship

- Offer Listening Presence
- Open up your life
- Stay loyal for the long haul
- Forge hurts inflicted by the hurting person
- Do things together
- Laugh together
- Encourage with Gospel promises
- Remember each other before God

"that which we have seen and heard we proclaim also to you, so that **you too may have fellowship with us**; and indeed **our fellowship is with the Father and with his Son Jesus Christ**. And we are writing these things **so that our joy may be complete.**"

(1Jn 1:3 -4)

Rom 15:14

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

Q & A