



Biblical Counseling Foundations
Spring 2020 | Thursday | 7:00-8:15 AM
Draft Edition 01/15/2020 for prospective student evaluation

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Description

A basic introduction to Biblical Counseling in a practicum setting with an emphasis on the background of the Biblical Counseling movement, the sanctification process, and providing a framework for applying Scripture to contemporary struggles. Men and women who are followers of Christ are invited to participate. Should the class fill up, preference is given first to church members of Crosspoint Church, followed by those who regularly attend Crosspoint Church.

Objectives

By the end of the course, you should:

- Explain a brief history on the Biblical Counseling movement.
- Understand that the Bible has the answer to contemporary questions, problems, and troubles.
- Display competence in applying basic Biblical truth to common counseling topics.
- Understand the Biblical process of sanctification and be able to practically guide others through the process.
- Apply Biblical truth to common emotions that often cause people to seek counseling.
- Grow in your Biblical knowledge and desire to pursue further theological development.
- Evaluate and critique counseling through the Love-Know-Speak-Do framework.
- Value the work of the Bible and Holy Spirit in the counseling process.

Association of Certified Biblical Counselors (ACBC) Certification

For students seeking ACBC certification, this class will fulfill partial requirements for the training component. Please talk more with the class instructor for details. You can also learn more at <https://biblicalcounseling.com/certification/phase-1-learning/>

Textbooks

Required

- *Instruments in the Redeemer's Hands* by Paul David Tripp (P&R Publishing, 2002)
- *How Does Sanctification Work?* by David Powlison (Crossway, 2017)

Recommended

- *A Theology of Biblical Counseling: The Doctrinal Foundations of Counseling Ministry* by Heath Lambert (Zondervan, 2016)
- *When People are Big and God is Small* by Edward T. Welch (P&R Publishing, 1997)
- *A Theology of Christian Counseling* by Jay Adams (Zondervan, 1986)
- *How People Change* by Timothy Lane and Paul David Tripp (New Growth Press, 2008)
- Topical Mini-Books from New Growth Press (displayed in Crosspoint foyer) <https://newgrowthpress.com/minibooks/>
- "31-Day Devotionals for Life," edited by Deepak Reju (P&R Publishing) <https://www.prpbooks.com/series/31-day-devotionals-for-life>
- <https://ibcd.org/resources/>

Requirements

Outside work includes reading and written assignments. Participants should be able to consistently apply 2-3 hours per week in addition to class meetings to complete reading and assignments. Due dates for all course assignments are indicated on the course schedule but are subject to change at the instructor's discretion. Specific assignments include:

- **READING, REFLECTION & RESPONSE.** Read the required course textbooks and reflect on the various course material in the respective ways described below:
 - Read the following according to the course schedule assignment date:
 - *Instruments in the Redeemer's Hands*
 - *How Does Sanctification Work?*
 - Additional 3 articles as assigned.
 - Complete your weekly QOTT assignment using the online forum (see Appendix 1).
- **CLASS PARTICIPATION.**

- Class meetings include 15 hours of presentations/discussions led by the instructor or other guests. Up to two excused absences may be allowed for participation in the class. When possible, please communicate in advance with instructors of known conflicts for class.
 - Watch supplemental instructional videos that may be assigned to view prior to assigned class.
 - Engage with the class material through the online forum as assigned (instructions will be provided in class).
- **SESSION EVALUATION.** Complete the “Session Observation” form for both observation videos shown in class (see Appendix 2).

Evaluation

Assignments		Grading Scale	
Class Participation	45%	A	95-100
Graded Session Exercises	10%	B	87-94
Completed Reading	30%	C	77-86
Online Forum Interaction	15%	D	70-76
		F	Below 70

You are expected to...

- Participate in class sessions with a teachable, sincere and enthusiastic attitude.
- Show the highest level of respect and honor to the instructor and fellow classmates.
- Exercise the highest level of integrity and Christ-likeness.
- Attend a minimum of 10 class meetings.

Class Schedule – Biblical Counseling Foundations – Spring 2020

WEEK	TOPIC(S)	READ	DO/WATCH
1 Feb 6	<ul style="list-style-type: none"> The Biblical Basis of Counseling 	<ul style="list-style-type: none"> Chapters 1-2 of <i>Instruments in the Redeemer's Hands</i> 	
2 Feb 13	<ul style="list-style-type: none"> Scripture Has the Answer 	<ul style="list-style-type: none"> Chapters 3-4 of <i>Instruments in the Redeemer's Hands</i> 	<ul style="list-style-type: none"> COMPLETE: Online Lesson 1
3 Feb 20	<ul style="list-style-type: none"> Sanctification: The Christian's Claim to Change 	<ul style="list-style-type: none"> Chapters 5-6 and Appendix 1 of <i>Instruments in the Redeemer's Hands</i> 	<ul style="list-style-type: none"> COMPLETE: Online Lesson 2
4 Feb 27	<ul style="list-style-type: none"> Sanctification: The Nuts and Bolts of Change 	<ul style="list-style-type: none"> Chapters 7-8 and Appendix 2 of <i>Instruments in the Redeemer's Hands</i> 	<ul style="list-style-type: none"> COMPLETE: Online Lesson 3
5 Mar 5	<ul style="list-style-type: none"> Anger: It's Causes and Cures 	<ul style="list-style-type: none"> Chapters 9-10 and Appendix 3 of <i>Instruments in the Redeemer's Hands</i> 	<ul style="list-style-type: none"> COMPLETE: Online Lesson 4
6 Mar 12	<ul style="list-style-type: none"> Depression: Avoiding Despair and Difficult Times 	<ul style="list-style-type: none"> Chapters 11-12 and Appendix 4 of <i>Instruments in the Redeemer's Hands</i> 	<ul style="list-style-type: none"> COMPLETE: Online Lesson 5
	No Class – Clemson Spring Break		
7 Mar 26	<ul style="list-style-type: none"> Controlling Fear, Worry, and Anxiety 	<ul style="list-style-type: none"> Chapter 13-14 and Appendix 5 of <i>Instruments in the Redeemer's Hands</i> 	<ul style="list-style-type: none"> COMPLETE: Online Lesson 6
8 Apr 2	<ul style="list-style-type: none"> Clearing the Guilty Conscience 	<ul style="list-style-type: none"> Chapters 1-2 of <i>How Does Sanctification Work?</i> 	<ul style="list-style-type: none"> COMPLETE: Online Lesson 7
9 Apr 9	<ul style="list-style-type: none"> Forgiveness: Overcoming the Sin of Bitterness 	<ul style="list-style-type: none"> Chapters 3-5 of <i>How Does Sanctification Work?</i> 	<ul style="list-style-type: none"> COMPLETE: Online Lesson 8
10 Apr 16	<ul style="list-style-type: none"> Observation Video 1 	<ul style="list-style-type: none"> Chapters 6-7 of <i>How Does Sanctification Work?</i> 	<ul style="list-style-type: none"> COMPLETE: Online Lesson 9
11 Apr 23	<ul style="list-style-type: none"> Observation Video 2 	<ul style="list-style-type: none"> Chapters 8-9 of <i>How Does Sanctification Work?</i> 	<ul style="list-style-type: none"> COMPLETE: Session Observation Form 1
12 Apr 30	<ul style="list-style-type: none"> Session Preparation 	<ul style="list-style-type: none"> Chapters 10-11 of <i>How Does Sanctification Work?</i> 	<ul style="list-style-type: none"> COMPLETE: Session Observation Form 2

APPENDIX 1

QOTT Assignment

QUESTION –

Write one question that you want to be answered from this reading. This can be something that was confusing, difficult to understand, or challenging.

QUOTE –

Write one quote that was impactful or stood out to you.

TWO TALKING POINTS –

Write down two talking points that can stand as catalysts for classroom discussion with peers and instructors. These are often presented first with a statement or observation then a prompting question to others such as, “What do you think?”

An Example

After having read select passages in *Privilege the Text!* by Abraham Kuruvilla complete the QOTT assignment.

Question –

What does the author mean on page 219 when he warns against “fling[ing] out a lifeline from the NT to accomplish a christocentric rescue . . .?”

Quote –

“On the one hand is the error of over-generalizing and thus neglecting the specifics of the text; on the other hand that of a willy-nilly ransacking of the Bible for usable scraps. Both transactions disregard what the author is *doing* with what he is saying, and both leave preachers—not to mention audiences—with a sense that something is lacking.”

Two Talking Points –

1) It seems the author leans heavily on morality and obedience in his strategy for Bible interpretation. Why do you think this is?

2) The author has an interesting take on Genesis 22—the sacrifice of Isaac. Do you think his approach is helpful or harmful?

APPENDIX 2

Session Observation Form

How did you Observe each of the following during the session?

Love:

Know:

Speak:

Do:

Summarize the presenting problem. Could you discern any underlying issues?

What Scripture was most impactful during the session? What Scripture could have been used?

What did the counselor do that was most helpful during the session? Did they do anything counterproductive?

If you were the counselor, what three goals would you set for future sessions to help the counselee?

What are two homework assignments that could help this counselee?