

# FOUNDATIONS of BIBLICAL COUNSELING



# MODULE 1

Christ is our Good Shepherd and modeled for us how to shepherd others. It is our job description as a follower of Christ to make disciples. Christ met people right where they were and changed their hearts and lives so that they might grow into the person God created them to become. In this module we are encouraged to become people helpers. We will learn how to grow and promote maturity in others.

### SESSION 1: BIBLICAL SHEPHERDING

MAIN POINT FOLLOW THE PATTERN OF THE GOOD SHEPHERD

#### INTRODUCTION

Biblical Counseling is all about shepherding. It's about discipleship and being the one to stand in the gap for the sheep, strengthen the weak, help the sick, and bind up the injured. Our goal during this seminar is that you would grow in your ability to be a good shepherd.

#### EZEKIEL 34:2B

Thus says the Lord God: Ah, shepherds of Israel who have been feeding yourselves! Should not shepherds feed the sheep? You eat the fat, you clothe yourselves with the wool, you slaughter the fat ones, but you do not feed the sheep. The weak you have not strengthened, the sick you have not healed, the injured you have not bound up, the strayed you have not brought back, the lost you have not sought, and with force and harshness you have ruled them. So they were scattered, because there was no shepherd, and they became food for all the wild beasts. My sheep were scattered; they wandered over all the mountains and on every high hill. My sheep were scattered over all the face of the earth, with none to search or seek for them.

Biblical shepherds intentionally follow the pattern of Jesus as He interacted with his people. The gospels record many conversations that Jesus and his disciples engaged in with those around them, as he took the time to care about people and minister to their souls. Why was He so effective, and what principles does the Bible teach that can guide us in helping others? These general principles will guide you no matter what kind of problems you encounter.

REAL WORD EXAMPLE

#### OSCAR FUENTES - "I'M OUTTA CONTROL . . . CAN YOU HELP ME?"

WATCH

Biblical shepherding is the art of knowing which stance or stances would increase the faith of the one being helped. Biblical shepherding is having the conversation Jesus would have had in that situation.

Why is increasing faith the goal? Consider the implications of the following verses for your methodology in helping people experience lasting change.

"Without faith, it is impossible to please God." (Heb 11:6)

"Faith comes by hearing, and hearing by the Word of Christ."
(Rom 10:16-18)

"The Word of God is alive and active...." (Heb 4:12)

Jesus had the advantage of accurately seeing others' hearts and always having the proper motivation to help. He is called the "Great Shepherd" multiple times in Scripture. Those in church leadership are often described in similar ways because they, too, are responsible caring for people in a way that increases the faith of those they shepherd.

Throughout the New Testament, shepherding principles help the church function in ways that increasingly lead the sheep to a strong and obedient faith. Sessions 1 and 2 will guide us to develop strong shepherding relationships.

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## BIBLICAL SHEPHERDING: EXAMINING THE PRINCIPLES

#### GOOD SAMARITAN PRINCIPLE (LUKE 10)

God brings people into our lives that need a healing touch from Him. Sadly, we may need more time to be able to see and respond. However, as God transforms our own heart and faith, we realize the greater joy in blessing others than in receiving one. When caring for souls, do you feel any responsibility, or would your rather each man fend for himself instead? American culture, dealizes individualism and the opportunity for each man to create his own destiny. However, the story of the Good Samaritan reminds us that sharing our time, resources and energy in caring for others is close to God's heart.

THINK ABOUT IT GOD PUTS OPPORTUNITIES IN OUR PATH. . . HOW WILL YOU RESPOND TO YOURS?

HOW DID THEY RESPOND TO GOD'S CALL?	
JONAH	
MOSES	-
ELIJAH	

God will bring some people into our path for his purposes. We do have a responsibility to help both in material and immaterial ways. Let's develop a Philippians 4:13 mentality: "I can do all things through Christ, who strengthens me."

COMPASSIONATE BOLDNESS PRINCIPLE (VARIOUS SCRIPTES) mpassionate and bold truth to help the struggling gain perspective. Jesus shaped his truth to

reflect the hearts of those who he was speaking with.	
There were three different categories that were routinely	
addressed by Christ. Jesus spoke bold truth to all three	
categories but the content and the tone of his truth	
changed.	
<u>Suffering Innocently</u>	
·Words of comfort to those experiencing trouble.	
Jn 9:1-3	
·Words of encouragement to help others increase	
faith.	
Mt 8:5-10	
·Words of sympathy to help one going through	
loss. Jn 11:35	
Seeking Answers	
·Words of challenge to those lacking commitment.	
Mt 8:18-22	
·Words of explanation to those seeking truth.	
Mt 12:33-36; 18:15-30	
Sinful Choices	
·Words of rebuke to challenge a hardened heart.	

Mt 19:8

·Words of warning to those with wandering hearts. Mt 23:1-3

#### SHARE THE BURDEN PRICIPLE (GALATIANS 6:1)

Galatians 5-6 lays summarizes what it means to live your life under the Spirit's reign and love your neighbor as yourself. In Galatians 6:1, we learn that God desires for us to engage in the process of restoring one another back to wholeness with life under the Spirit's control. If God brings those struggling with sin into your life, what is your responsibility to that person? What is the conversation that Jesus wants you to have? Before you rush to say that you need to challenge them to repent, look at the end of verse one. It reads, "Restore him in a

**BROTHERS AND SISTERS,** IF SOMEONE IS CAUGHT IN A SIN, YOU WHO LIVE BY THE SPIRIT SHOULD **RESTORE THAT PERSON GENTLY. BUT WATCH** YOURSELVES, OR YOU ALSO MAY BE TEMPTED.

**GALATIANS 6:1** 

	spirit of gentleness." Verse 2 tells us that this is part of "bearing one another's burden."  So, if God brings people into our path who are struggling with life and sin, we can show Christ's love by helping lighten the burden they face. Keep in mind however, this is written to a whole church community where each person should shoulder some of the burdens and no one person should feel responsible for shouldering everyone's burden.
	WHAT ARE SOME OF THE PRACTICAL WAYS YOU CAN HELP SHARE SOMEONE'S BURDEN?
LET EACH ONE TEST HIS OWN WORK, AND THEN HIS REASON TO BOAST WILL BE IN HIMSELF ALONE AND NOT IN HIS NEIGHBOR. FOR EACH WILL HAVE TO BEAR HIS OWN LOAD.  GALATIANS 6:4	THE PERSONAL RESPONSIBILITY PRINCIPLE (GALATIANS 6:4) In Galatians 6:4-5, we are reminded that every man must bear not only the burden of others, but also bear their own burden. You will help others best when you require them to carry as much of their burden as possible. You hurt others when you allow them to be irresponsible because their burden is so light. When you are working harder at solving a problem than the person you are helping, it is time to back away and let them feel the pressure of carrying their own load. There are two possible outcomes: you might be surprised that they were more ready to carry their own burden than you thought, or you will add motivation by adding some pressure to change. Biblical love does not enable, but rather seeks what is just and right for others as they grow in personal responsibility.
	HOW DO YOU ENCOURAGE PERSONAL RESPONSIBILITY IN THOSE YOU ARE HELPING?