



FOUNDATIONS  
— of BIBLICAL COUNSELING —



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# 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.

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**CARING LIKE CHRIST**

SESSION 1:  
BIBLICAL SHEPHERDING



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.

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**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**

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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.

THINK ABOUT IT

WHAT ARE SOME OF THE PRACTICAL WAYS YOU CAN HELP SHARE SOMEONE'S BURDEN?

**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.

TALK OUT LOUD

HOW DO YOU ENCOURAGE PERSONAL RESPONSIBILITY IN THOSE YOU ARE HELPING?

