

Copyright © information:
© 2001 Project WorldReach © 2001 SEAN
all rights reserved

Train & Multiply™

Project WorldReach (T&M™ ministry operation)
Dr. George Patterson (Originating Author)
SEAN International



Contact: **Project WorldReach PWR™**

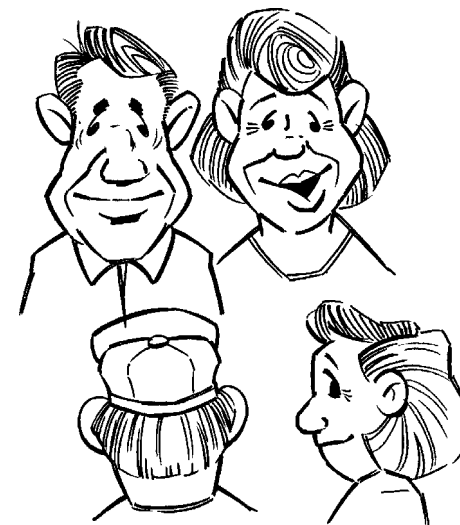
474 - 800 - 15355 - 24th Ave
Surrey BC, Canada
V4A 2H9

E-mail: pwr@trainandmultiply.com

Website: <http://www.trainandmultiply.com>

039EN01A-01

Counseling With Care



Pastoral Leader Training Booklet

39

Train & Multiply™

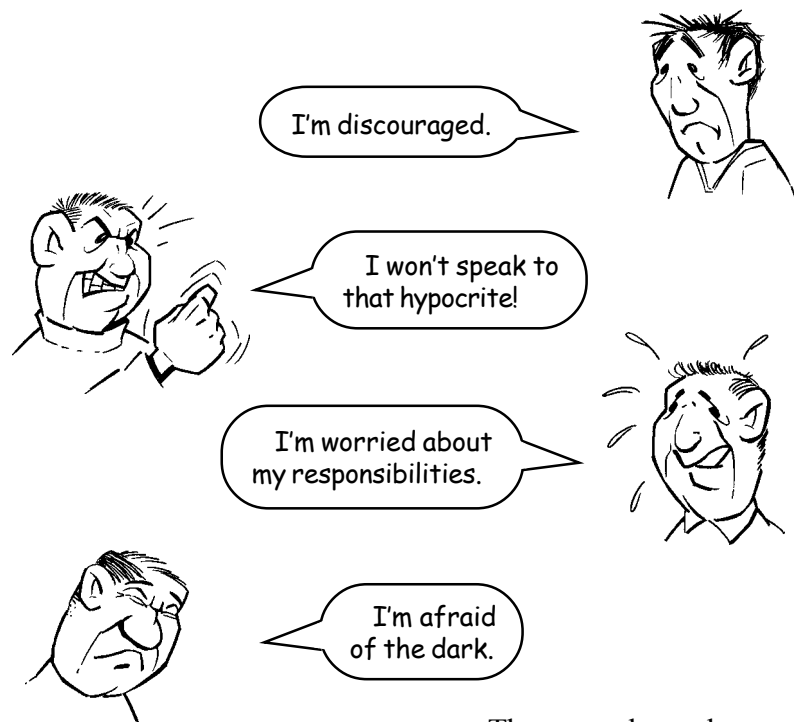


T&M™

Ask the Lord for wisdom in counseling.

Pastoral ministry includes counseling. Some pastors edify their people more as counselors than as preachers. Applying the Scriptures well, in private, when there is a personal problem, usually has a better effect than preaching a sermon on the subject.

When should we counsel?



These people need counsel.

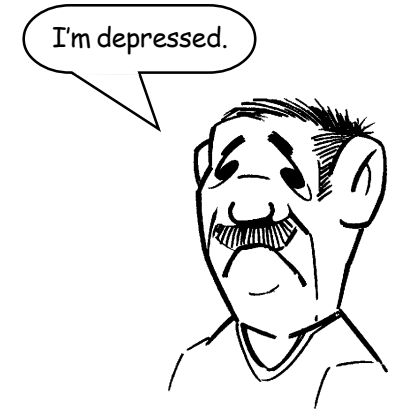
NOTES

[illegible]

NOTES

We counsel in private:

- those with personal problems,
- engaged couples,
- those in mourning,
- the sick,
- the discouraged,
- those who have gone astray.



If people do not receive adequate counsel when they have spiritual problems, they may become so depressed that they may do something foolish.

The Lord Jesus Christ personally counseled individuals: Nicodemus, the Samaritan woman, the rich young man, Peter, Zacchaeus, Martha and many more.

You and the members of your church can help those in your neighborhood who have problems, too.

On the following list, mark the commonest problem you have noticed in your home area:

☐ Alcoholism, or its indirect effects.



☐ Unemployment.



PRACTICAL WORK

- Counsel those who seek help for their problems or situations.
- Using this Training Booklet, train other responsible persons to counsel.
- Write here the names of those who will help you in this ministry.

Superficial complaints sometimes hide the real cause, which may have a deeper root. This is discovered by:

- ☐ questioning wisely and searchingly.
- ☐ scolding till they weep.

We question and listen patiently. If the person is a believer, we help him to seek and accept God's will for him, whatever it is.

Please recall the three things a counselor helps people to do. Suppose that a couple are planning to divorce; she complains that he is a drunkard, he says that she drives him to drink because of her nagging. How would you help them DISCOVER THE ROOT CAUSE of the problem? How would you help them IMPROVE THEIR RELATIONSHIP WITH GOD? How would you help them APPLY BIBLICAL PRINCIPLES?

- ☐ The lack of discipline with children.



- ☐ Quarrels, jealousy, lack of trust and other problems.



We also counsel to help people grow in Christ. There don't have to be serious problems before we counsel.



How to counsel well

We help those who have problems to do THREE THINGS:

1. To discover the root causes of their problems.

(The counselor listens when the person explains the problem. First listen to the more obvious complaints and anxieties. Then ask leading questions, to reach the hidden, deep causes, or roots in the past.)

2. To improve their relationship with God.

(The counselor helps the person to confess their faults and needs to God, and if necessary, to the people they have offended.)

3. To take necessary Biblical steps.

Discuss relevant Bible principles with them to help them solve their own problem.

SUMMARY TEST

When do we counsel?

- ☐ On Sundays after the service.
- ☐ Whenever necessary.

A personal need is dealt with:

- ☐ publicly.
- ☐ in private.

We discuss personal matters in private. Then the counselor:

- ☐ spreads it around the church.
- ☐ respects confidentiality.

The counselor keeps secret all that he is told in confidence, and does not share it even with his spouse.

To discover the root of the problem, little heed is paid to:

- ☐ superficial complaints.
- ☐ the roots of the problem.

- Feeling defeated - Matthew 26:33-35, Matthew 26:69-75, John 21:15-22, Romans 8:35-39, 1 Corinthians 10:11-13, Revelation 2 & 3
- Satan defeated - Romans 16:20, Ephesians 6:10-20, Colossians 2:15, Hebrews 2:14-15, James 4:7, Revelation 20:10

Notes:

To review, a good counselor helps one to uncover and deal with the root of his problem, have an honest relationship with God and apply biblical principles for living.

1. How do we uncover the ROOT CAUSE?

2. How do we help them improve their RELATIONSHIP WITH GOD?

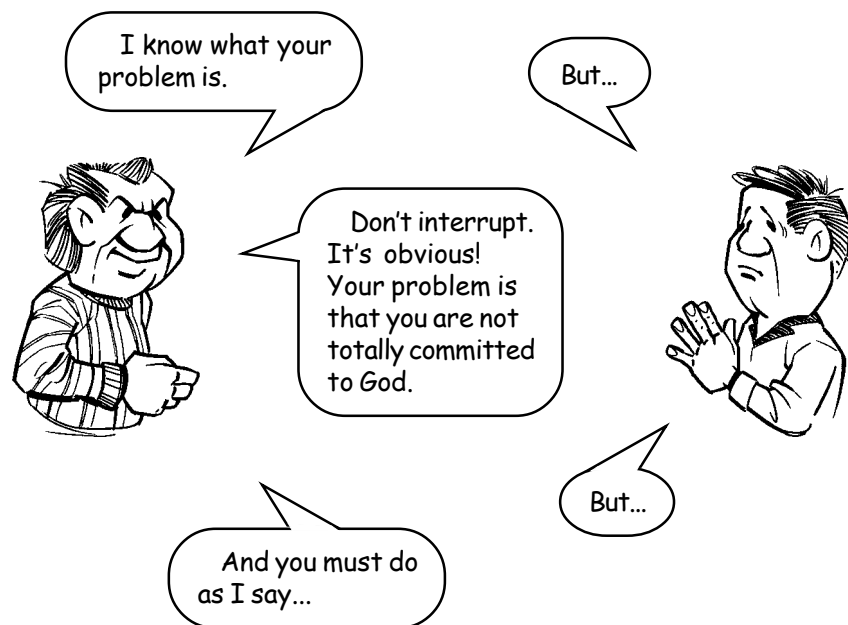
3. How do we help them apply BIBLICAL PRINCIPLES?

DISCOVER THE ROOT OF THE PROBLEM

At the start of the counseling session, pray for God's guidance and wisdom in reaching a solution for the problem. (James 1:5) Then let God's Spirit guide you.

Listen carefully before advising. A counselor who only talks, without listening, is no use!

A useless counselor:



"...Restore him gently." Galatians 6:1

IMPORTANT: When counseling a married couple, if they quarrel in front of you, first make sure that they are hearing each other. Communication will not be restored until each knows what the other is really thinking.

- The importance of always thanking God in every situation - 1 Thessalonians 5:18, Hebrews 13:15
- In affliction - Matthew 11:28-30, John 14:1-4, Hebrews 7:25, 2 Peter 2:9
- Weariness - Matthew 11:28-30, John 14:1-4, Romans 8:31-39, 1 Corinthians 15:58, Galatians 6:9-10
- When friends or others have hurt or disappointed you - Matthew 10:21-39, Luke 17:3-4, Romans 12:14,17,19,21, 1 Corinthians 13
- Leaving home - Matthew 10:16-20, Matthew 28:19-20, John 14:1-4, Luke 15:11-32, Hebrews 11:8-16
- Divine protection - Matthew 10:24-33, 11:28-30, Romans 8:31-39, Philippians 4:19
- No peace of heart - Luke 10:38-42, John 14, John 16:20, John 16:22-24,33, Romans 5:1-5, Philippians 4:6-7, Colossians 3:15

- In illness, pain or emotional conflict - Psalm 41:4, Psalm 103:3, Matthew 26:39, Romans 5:3-5, 2 Timothy 2:3, Hebrews 12:1-11, James 5:11-16, 1 Peter 4:19
- Needs prayer - Isaiah 40:31, Jeremiah. 33:3, Matthew 6:5-15, Matthew 18:19-20, Mark 11:24, Luke 11:1-13, Luke 18:1-14, John 16:23, John 17, 1 John 5:14-15
- Salvation - Romans 3:23, Romans 6:23a, Romans 5:8, Romans 6:23b, Romans 10:9, Romans 13 (in this order, to explain the plan of salvation). John 3:16, and John 5:24, Romans 3:28, and 4:5
- In search of God - Deuteronomy. 4:29, Proverbs 8:17, Jeremiah 31:3, Acts 17:27
- In times of crisis - Matthew 6:25-34, 2 Timothy 1:7, Hebrews 4:16, Hebrews 13:6
- In sorrow - Psalms 34:19, Psalms 50:15, John 14, Romans 8:28-39, 1 Corinthians 15:51-58, 2 Corinthians 1:3-4, 1 Thessalonians 4:13-18, Hebrews 12:5-13, 1 Peter 5:7

For example, ask the husband: "What did your wife just say? Please repeat her complaint, in spite of not agreeing with what she said. I need to know if you understand what she thinks."

Keep on asking the two to repeat the other's complaint, until they can repeat it correctly. They will reach an agreement more easily, if they know what each other's problem is.

Listening patiently, we help those who are suffering problems to discover the root of their problem or need. First we listen to their complaints. These are the obvious symptoms, such as hurt feelings, anger, or some habit of their spouse that annoys.

The obvious things are spoken of first, but probably the root of the problem will remain hidden. It is deeply buried, and painful. It is painful to speak of the real cause of the problem, and needs much sensitivity to touch on the subject. Listen to the secondary causes as well. There are less serious things, but they also cause stress ("and my mother-in-law interferes," or "and he also drinks too much," etc.)

The wise counselor does not pay too much heed to the superficial symptoms, nor to the secondary things which aggravate the problem. He does not show agreement, when the person puts the blame on someone else, or hides the real problem. Perhaps they do not speak of the real problem because this hurts, or because they have not realized what it is.

In a certain case, for example, a woman may fight her husband because of having been abused by a man when she was a child, and although she may have “forgotten” the fact, there is still a root of bitterness in her, against all men.



- Trust and assurance - Philippians 4:13, John 10:27-28, Romans 8:38-39, 2 Timothy 1:7, Psalm 27, Isaiah 26:3, Isaiah 40:31, Ephesians 3:20-21
- Against fear - John 11:17-44, John 17 and 20, Romans 8, 1 Corinthians 15:51-58, 2 Corinthians 4:8-18, 2 Corinthians 5:1-8, 2 Corinthians 12:9, Hebrews 2:14-15, Hebrews 13:6
- Against anxiety - Matthew 6:25-34, Philippians 4:6-7, Hebrews 13:5-6, 1 Peter 5:7, 2 Timothy 4:17-18
- Forgiveness for the repentant - Psalm 34:18, Psalm 103:12, Isaiah 1:18, Isaiah 53:5-6, Ephesians 1:7, 1 John 1:9
- In the face of disaster - Luke 8:22-25, 2 Timothy 3
- Discouragement - Matthew 5:4, Matthew 11-12, John 14:1-3, 2 Corinthians 4:8, 2 Corinthians 4:16-18, Philippians 4:4-7, Hebrews 13:5-6, 1 John 3:1-3
- In temptation - Matthew 6:24, Matthew 25:1-13, Mark 9:43-51, Mark 13:33-37, Luke 21:34-36, Romans 13:12-14, 1 Corinthians 10:13, Philippians 4:8, Hebrews 2:18, James 1:12, 2 Peter 2:9, Jude 24-25

BIBLE PASSAGES FOR VARIOUS SITUATIONS

Meditating daily on a portion of Scripture is of tremendous value. The promises of God are vital; they possess life and power. As a person assimilates them, God's words will fulfill their purpose in his life. They will help in times of difficulty. The Bible says that *"The word of God is living and active."* (Hebrews 4:12) *"...It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it."* (Isaiah 55:11)

Giving the one counseled a Bible passage to meditate on, and counseling him in others ways, are complementary, not alternatives.

The person must not regard God's Word as though it were a lucky charm, but rather, trust in the Person Who spoke it, the Lord Himself. Here are helpful Bible passages for:

- Asking God to search your heart - Psalm 139:23-24
- Basic teaching about life in Christ - Romans 6-8, 2 Corinthians 5:17, Colossians 2:9-10

The causes of the symptoms listed below are only examples; they have different causes.

- | | |
|----------------------|--|
| Drunkenness | - Lies to his wife and has a bad conscience. - Carries hatred for his father who punished him unwisely as a child, forcing him to lie to escape it. |
| Wants a divorce | - Finds it hard to love, forgive and trust. - Fears close relationships, since His parents often shouted angrily. |
| Attacks of hysteria | - Selfishness and denial of one's sin. - Cannot accept love from God or people, as his parents show little love. |
| Ulcers, or headaches | - Excessive worry over many debts. - Fears the poverty suffered as a child. |
| A rebellious youth | - His parents do not talk to him. - His father resents the way his own father neglected him as a child. |

Some counselors help one to discover the deepest root of a problem, in order to deal with it. Sometimes this helps, but often it is enough simply to help one to look at his behavior or feelings from an intelligent point of view and take steps to correct it. How do we get a person to look at his behavior or feelings?

With prayer, love and wise questions, showing interest. We need discernment, skill and firmness as well. In difficult cases, many sessions may be needed.

- Help people with emotional problems to analyze and describe their present behavior, attitudes and feelings. If they get relief from understanding causes rooted in the past, then continue to probe. Ask if there were traumas of any kind; how were relationships with parents, brothers and sisters, teachers, schoolmates, etc.; if there is some unreach goal; if his parents were unmarried, if he is adopted, etc. Deep hurts may be caused by social, emotional or spiritual problems. Listen and inquire, until the person understands enough to take action. Normally counselors get better results dealing with people in a small group that meets regularly. The members of the group encourage each other and hold each other accountable to change their behavior or attitudes.

- Occult practices (black magic, spiritism, astrology, etc.)
- Oppression or possession by evil spirits.
- Sins that enslave: homosexuality, alcoholism, drug-addiction, sexual immorality, greed, pride, hatred, jealousy, etc.
- Wounds so deep that their pain does not surrender to mere human advice or will power.

For more help on counseling the sick and delivering the demonized, see Pastoral Training Booklets 38 “Comfort the Sick” and 57 “Overcoming the Darkness.”

Seek help from others in case of difficulty.

If you do not understand what the root of the problem is, or if your counseling is really not solving the problem, you must get help from another pastor with more experience, a professional psychologist (preferably a Christian), or a doctor, according to the need. To acknowledge one’s own limitations and the gifts of others, shows spiritual maturity. This way, we avoid wasting time, and unnecessarily prolonging the sufferings of the affected person.

“escape” until the Lord heals the deep hurts that continue to cause problems. God will deliver us not only from the guilt of sins and addictions, but, if we will forgive those who have hurt us, from much of the pain.

To help the discouraged

Assure them of God’s eternal love. You can use the parable of the Prodigal Son in Luke 15:11-32 or Ephesians 3:14-21, to assure them of God’s love. Jesus promises us His eternal peace. (John 14:27)

To be delivered from evil desires

To triumph over evil desires and habits, Romans 8:5-17 or Galatians 5:16-25 can be used.

To deliver from demons

Claim the power of Christ over the demon (Mark 5:1-20, Ephesians 6:10-18, Revelation 12, Colossians 2:15) in the case of contacts with, or influence of:

- It is better not to ask questions that can be answered with a simple “yes” or “no.” Inquire in a way that leads to a fuller answer, e.g., NOT “Did your parents treat you badly?”, but rather, “How did your parents treat you?”
- Listen with compassion and understanding. *“Rejoice with those who rejoice; mourn with those who mourn.”* (Romans 12:15)
- Do not support one side or the other, show prejudice or make personal criticisms. We are not in this ministry to judge, but rather to help others to solve their problems according to biblical principles.
- Converse in private, not in public, but in the case of counseling someone of the opposite sex, there must always be a third person present, preferably of the same sex as the one counseled. Although this person does not share in the conversation, he can pray.
- The counselor (and whoever is accompanying him), must ALWAYS keep confidential the private things discussed by the one counseled or married couple. The pastor must never repeat what he is told in confidence.

- Sometimes, you will hear things that shock you. Nevertheless, you must not condemn the person, but rather accept them as someone God loves. He wants the best for them, and our counsel and prayers should be directed to this end.
- If you consider that the one counseled needs special help, get his permission before consulting with a specialist.



Listen carefully, and ask questions to help one to think carefully about his problem. The person must define the right course of action, with whom he will take it if others are involved, and make definite plans.

Who identifies the problem?

- ☐ The counselor.
- ☐ The person who has the problem, with God's help.

When there has been sexual immorality

- Acknowledge the fact, repent and accept forgiveness, and trust in complete restoration.
- Renounce and cease illicit relationships.
- Accept spiritual counseling, continuing to give a report on progress or problems until new patterns of behavior are definitely established.

The counselor must also minister to the innocent victims of the tragedy of adultery. We help them to reach an awareness of being loved, and self-confidence, through the liberation given by Jesus Christ, and the healing of emotional wounds by the Holy Spirit.

(Romans 12:12,15-21)

To be delivered from emotional wounds

Encourage them to trust in the presence and power of God.

(Isaiah 41:10, 1 Corinthians 15:10) God delivers us from fear.

(Isaiah 43:1, 1 John 4:18, 2 Timothy 1:7, Psalm 27:1) They cannot

- Respect and consider each other's feelings.
(Philippians 2:1-11)
- Forgive without resentment, anger or shouting.
(Ephesians 4:31-32)
- Not let their anger last all day, so that the devil cannot take advantage of them. (Ephesians 4:26-27)
- The wife: submit to her husband. (Ephesians 5:22-24)
- The husband love his wife just as Christ loved the church
(not obliging his wife to submit, but rather loving and caring for her so that her natural response is to submit to him willingly).
(Ephesians 5:25-33)
- The husband: to spend at least a day (or the equivalent time) every week, with his family, showing affection to his wife and each child, and doing things together (games, picnics, hobbies, etc.) (1 Timothy 5:8)
- Have daily family devotions, praying together and meditating on God's Word, (the father pastoring his family).
(Ephesians 5:19-21, Ephesians 6:4)

The one suffering from the problem has to solve it. If one does not deal with one's own problems, they will not be solved permanently.

The counselor asks questions about the problem until they discover:

- ☐ his anger.
- ☐ the the changes in behavior or attitudes that will solve it.
the problem.

Normally, the first complaints do not reveal the root of the problem; they are generally:

- ☐ a result of the problem.
- ☐ a cause of the problem.

To discover the deep root cause:

- ☐ we ask searching questions.
- ☐ we preach long sermons.

Having put the questions, the counselor:

- ☐ scolds if the person cannot answer.
- ☐ listens patiently.

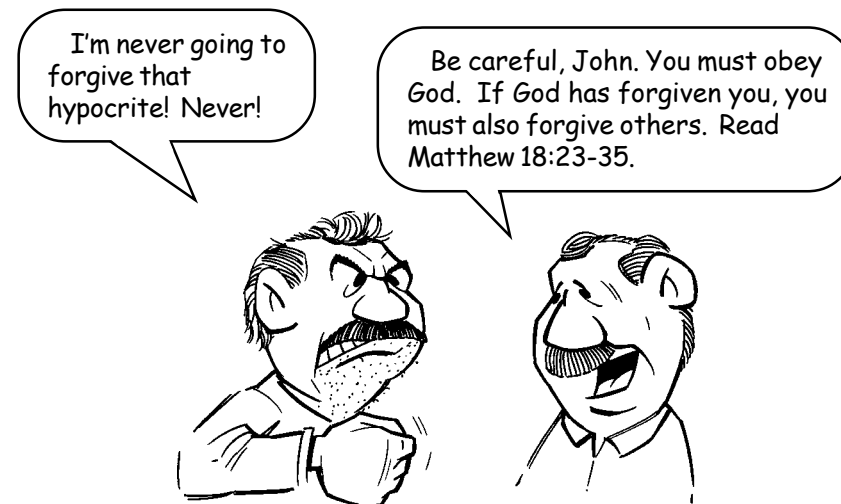
The two keys to finding the root of the problem are to ask and to listen. If the one counseled changes the subject onto other matters, gently bring the conversation back to the original theme, without giving the impression that you do not want to listen to their opinions and ideas.

Examples of questions that help to discover the DEEP ROOTS of problems:

- “What do you think has caused these painful feelings?”
- “On what occasions do you feel this strong desire for alcohol?”
- “Have you consulted with a doctor to see if this has a physical cause?” “What did the doctor say?”
- “Why do you still go out with those people who encourage you to drink?”
- “Why don’t you trust your wife enough to be able to tell her about your debts?”
- “Why haven’t you been able to forgive Pete for this failure?”
- “Why haven’t you set guidelines for the children?”

Lack of forgiveness

In these cases, the counselor helps the person to be reconciled with others. Matthew 5:23-24 or Ephesians 4:32 can be used to help them to forgive the person who sinned against them.



Quarrels, jealousy, misunderstandings in marriage

We help married people to:

- Listen to, and take seriously, the complaints of their spouse (the two must communicate frankly). (Ephesians 4:25)

Lack of discipline in children, or rebellious young people

We help parents to:

- Raise their children with love, firmness and a just, moderate discipline. (Ephesians 6:4)
- Forgive rebellious children and be prepared to restore them when they repent. (Luke 15:11-32)

We patiently and lovingly encourage children and young people to:

- Respect and obey their parents. (Ephesians 6:1-3)
- Learn verses from Proverbs that advise the young to respect their parents and God's Word.

For more guidance about children, see the Pastoral Training Booklet 56 "My Family".

- "Why are you afraid of your husband?"
- "When did you first begin to feel these deep hurts? With what do you associate them?"
- "Perhaps you cannot forgive your father, because you yourself have not received Christ's complete forgiveness yet. What's to stop you asking Him for forgiveness, now?"
- "What was it that first caused you to feel useless?"
- "How did your father treat you as a child? Did he or anyone else abuse you as a child, that you now distrust men?"
- "Are you still trying to please your parents, that you let them interfere in your married life? Why?"
- "What was your home like, when you were a child? What problems were there?"
- "When you think of your mother or father, what do you feel?"
- "You say your father was a bully. Is that why you are hard on your family now?"

- “Do you want Jesus Christ to deliver you from that chain which has bound you since your childhood?”
- “For your own health, and that of your family, are you prepared to forgive your father for having caused these wounds in you? Do you want to confess your own sins to Christ, so you can forgive others?”

HELP THEM IMPROVE THEIR RELATIONSHIP WITH GOD

Mankind’s greatest need is for peace with God. Then, peace with oneself and with others follows.

Personal and matrimonial problems can be resolved, when one’s own sins have been confessed to God, and one trusts in His forgiveness and love.

For people who do not know Christ, assure them of Christ’s love, proven by His sacrifice. Assure them of the Father’s forgiveness and eternal life in Christ who rose from the dead.

- To continue meeting with those who build them up in the Lord, and also with other ex-addicts, to encourage and support each other. (Hebrews 10:24-25)

Problems with money

We help those who are struggling to sort out their money problems to:

- Honor God with their tithes. (Proverbs 3:9-10)
- Discipline themselves to be content with what God has given them. (Philippians 4:11)
- As a couple, plan together a family budget (what they will spend, according to their income). (Luke 14:28)
- Buy only what both husband and wife agree is necessary, pay bills immediately and avoid buying on credit. (Romans 13:5-8)



Addictions

We help the person who has vices or addictions of any kind to make the following decisions:

- To trust in God's presence and power. (Isaiah 41:10, Hebrews 13:5-8)
- To fear only God, and disobedience to Him. (Proverbs 1:7)
- To trust God's eternal love to conquer their fears and bad habits. (1 John 4:18)
- To recognize and accept their own worth as a person, since God has redeemed and loved them with an everlasting love. (Romans 5:8, Romans 8:28, 1 Corinthians 15:10)
- To acknowledge their weakness and claim Christ's power to triumph. (Psalm 37:5-7, 2 Timothy 1:7)
- To renounce their addiction, and keep away from places where they would be tempted.
- To ask the Lord to fill them with His Holy Spirit.

A Christian who sins should be honest about it before God, confess it and rest assured of His cleansing and forgiveness. A non-believer must trust Christ for forgiveness. A good counselor helps one to be honest before God. Please read 1 John 1:8-2:2.

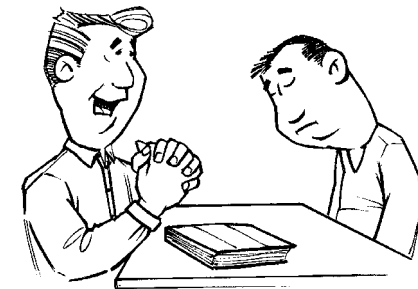
If the person being counseled is a sincere believer, encourage him to obey God's will in the situation, whatever it is.

"My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will."

(Matthew 26:39)

God rewards us when we strive to do His will.

Always pray with the person being counseled, to know and accept God's will.



TAKE THE BIBLICAL STEPS NECESSARY TO SOLVE THE PROBLEM

Help the person (or family) to apply biblical teaching to the problem. If the subject is not dealt with directly in the Bible, teach the relevant principles.

For renewing one's mind, study in detail Ephesians 4:17-32 and Colossians 3.

Help to plan and decide what to do. Keep on counseling for several sessions, until wise action is taken to solve the problem and prevent it happening again. Set goals to be met between sessions. If the problem has affected relatives, counsel them, too. Together, plan the steps to take to solve the problem.

Do not waste time on selfish people who do not really want to solve their problem but just like receiving all the personal attention from the counselor. Their problems will never be solved if we only give them emotional support. Let us ask the Lord for discernment to identify such people who enjoy being a "victim".

Norms to help those counseled decide what to do

General norms:

- Help them to forgive those who have sinned against them. They must forgive by FAITH and not by FEELINGS. After telling God that their will is to forgive, later they will discover that their emotions go along with the decision to forgive.
- Help them to ask forgiveness of whomever they have offended or hurt through their sin. (Matthew 5:23-24)
- Help them to establish a daily discipline of prayer and Bible reading.
- Help them to make new friends who will help them keep away from temptation.
- Help them to seek from God new goals in their service for the Lord, and in their family, work and study, and to put them into practice.
- Integrate them into a support group where they will receive continuous pastoral care.