

# Introduction to Biblical Counselling

Steve Midgley



## Definitions of biblical counselling

Biblical Counseling is the process where the Bible, God's Word, is related individually to a person or persons who are struggling under the weight of personal sin and/or the difficulties with suffering, so that he or she might genuinely change in the inner person to be pleasing to God

Faith Church, Lafayette



## Definitions of biblical counselling

'God-centered, Bible-saturated, emotionally in-touch use of language to help people become God-besotted, Christ-exalting, joyfully self-forgetting lovers of people.'

John Piper

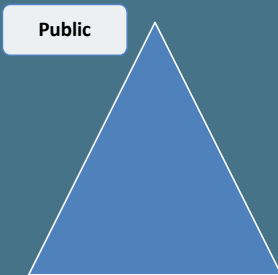


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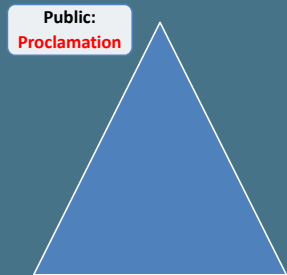
Biblical counselling is "an intensive form of discipleship"



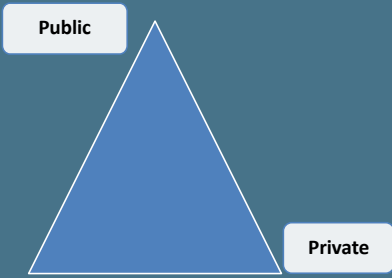
## The word of God in ministry



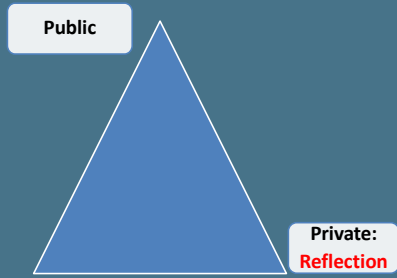
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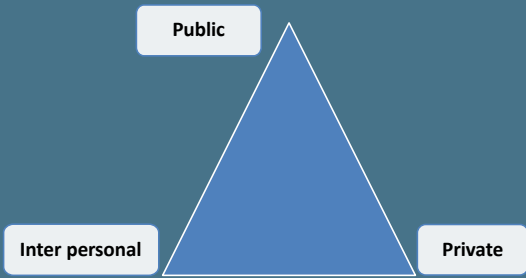
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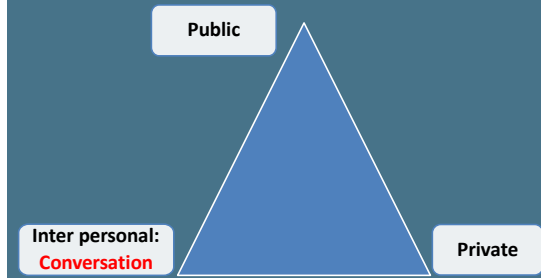
### The word of God in ministry



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### The dimensions of biblical counselling

#### 1. Breadth



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Experienced  
counsellor helping  
in complex  
situations

Casual chat  
over coffee



## The dimensions of biblical counselling

1. Breadth
2. Length



## Tim Keller: Puritan resources for biblical counselling

*Why should those seeking to develop a truly biblical counselling approach give special consideration to the Puritans? Because they were the first Protestant school of Biblical Counselling.*



## The dimensions of biblical counselling

1. Breadth
2. Length
3. Height



## Height..

His divine power has given us everything we need for a godly life

(2 Peter 1:3)



## The dimensions of biblical counselling

1. Breadth
2. Length
3. Height
4. Depth



## Biblical Counselling *in the Local Church*

Ephesians 4:1-16



## Ephesians 4:1-16

1. **Church matters**  
*through it God is made known*
2. **Maturity matters**  
*by it we reach the fullness of Christ*
3. **Each one matters**  
*every part has work to do*
4. **Words matter**  
*by them God's people are changed*



## 1. Church matters *through it God is made known*

*...to bring unity to all things in heaven and on earth under Christ.*

*(Ephesians 1.10)*



## 1. Church matters *through it God is made known*

*you are no longer foreigners and strangers but fellow citizens... being built together to become a dwelling in which God lives by his Spirit.*

*(Ephesians 2:18-22)*



## 1. Church matters *through it God is made known*

*His intent is that the manifold wisdom of God should be made known to the rulers and authorities in the heavenly realm*

*(Ephesians 3:10)*



## 2. Maturity matters *by it we reach the fullness of Christ*



## 2. Maturity matters *by it we reach the fullness of Christ*

*As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. <sup>2</sup>Be completely humble and gentle; be patient, bearing with one another in love. <sup>3</sup>Make every effort to keep the unity of the Spirit through the bond of peace. <sup>4</sup>There is one body and one Spirit, just as you were called to one hope when you were called; <sup>5</sup>one Lord, one faith, one baptism; <sup>6</sup>one God and Father of all, who is over all and through all and in all.*

*(Ephesians 4:1-6)*



## 2. Maturity matters

*by it we reach the fullness of Christ*

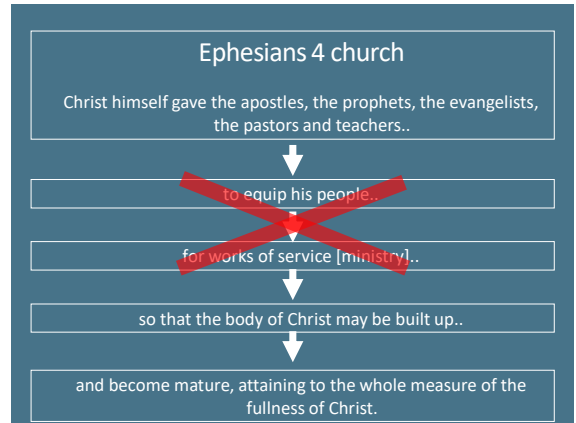
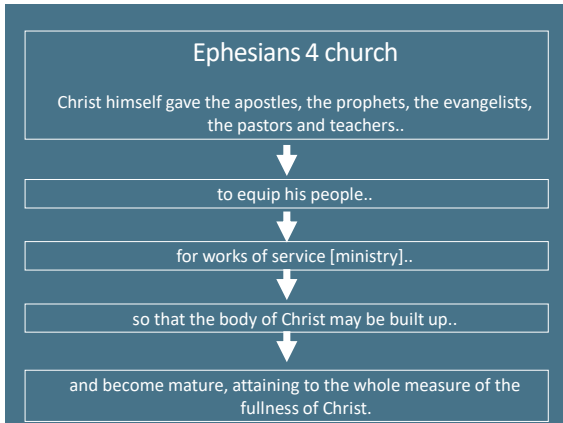
Until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ

*(Ephesians 4:13)*



## 3. Each one matters

*every part has work to do*



## One anothering

- be devoted to one another
- honour one another
- love one another
- accept one another
- instruct one another
- greet one another
- agree with one another
- encourage one another
- speak to one another with psalms hymns and songs
- submit to one another
- bear with one another
- serve one another
- forgive one another
- teach one another
- admonish one another
- spur one another on
- offer hospitality to one another
- clothe yourselves with humility toward one another



## 4. Words matter

*by them God's people are changed*



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*by them God's people are changed*

*Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. <sup>15</sup> Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ.*

(Ephesians 4:14-15)



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### A post-script

About the C-word.....



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