

## **Online Book Club: A Biblical Counselling Process by Lauren Whitman**

**Weekly format:** Prayer – Summary – Discussion – Practical – Q&A

**Session 1**

Set text: Chapters 1-6 The Beginning

Discussion questions:

* How would you describe the purpose of counselling?
* What struck you about Lauren’s description of the counselling relationship?
* How does Lauren’s session 1 differ from what you might do in a first conversation?
* How might you discipline yourself to work through the considerations in chapter 6 after your first conversation? Which of these considerations are you most likely to forget or find hard?

Practical:

* Role play the start of a session 1

**Session 2**

Set text: Chapters 7-11 The Middle

Discussion questions:

* How do we progress pastoral conversations? What is the role of imagination in the counselling process? How do we set effective goals?
* What does it mean to pursue understanding and compassion but not agreement? (p59)
* In what ways can we use the Bible well in pastoral conversations?
* How can we use more creativity in our conversations?

Practical:

* Role play some goal-setting in a given scenario

**Session 3**

Set text: Chapters 12-15 The End

Discussion questions:

* What’s hard about bringing pastoral relationships to a close? To what extent are we alert to the spiritual warning signs which may make things harder - set out on p98?
* How does Lauren’s final session differ from a typical final conversation for us? How might we need to tweak it if we are in a more informal setting?
* To what extent do we reflect on our personal growth at the end of pastoral conversations with others? What can we learn from chapter 15?

Practical:

* Role play an ending in a given scenario