



# Biblical Counselor Training

## Fall 2022 Application

Changed People Changing Lives with  
Christ's Changeless Truth

*Competent to counsel (Romans 15:14)*  
*Speaking the truth in love (Ephesians 4:15)*  
*Encourage one another daily (Hebrews 3:13)*



Psalm 19:7 "The law of the LORD is perfect for restoring the soul."

## **Our Philosophy of Biblical Counseling:** *What Makes Biblical Counseling Truly Biblical*

The various approaches to biblical/Christian counseling are numerous and diverse. Below, you will find a definition of biblical counseling as we see it, and a description of our convictions about what makes biblical counseling truly biblical. If your philosophy and theology of counseling differs noticeably from what you are about to read, then we likely will not be a good ministry training match.

### ***Our Summary Working Definition of Biblical Counseling***

Christ-centered, church-based, comprehensive, compassionate, biblical counseling depends upon the Holy Spirit to relate God's Word to suffering and sin by speaking and living God's truth in love to equip people to love God and one another (Matt. 22:35–40). It cultivates conformity to Christ and communion with Christ and the body of Christ, leading to a community of one-another disciple-makers (Matt. 28:18–20).

### ***Biblical Counseling Is Scriptural***

Biblical counseling clings tenaciously to the authority, sufficiency, inerrancy, and profundity (depth of wisdom) of the Scriptures. God has provided us with all that we need for godly living (2 Peter 1:3). The Scriptures, rightly interpreted and carefully applied, offer us all-encompassing insight for living.

The Bible provides us with the content for making sense of life from God's perspective. By building our counseling approach on Christ's gospel of grace, we obtain wisdom for bringing people hope, the stimulus for change (God's glory), and the understanding of human motivation that energizes God-honoring changes (2 Tim. 3:15–17).

### ***Biblical Counseling Is Theological***

Biblical counseling unites creation, fall, and redemption. In studying a biblical theology of creation, biblical counseling examines **people**—God's original design for the soul. In probing the fall, biblical counseling examines **problems**—how sin brought personal depravity and suffering. In investigating the Bible's teaching on **redemption**, biblical counseling examines **solutions/cures**—the gospel of Christ's grace, which offers eternal salvation and provides us with daily victory in our ongoing battle against the world, the flesh, and the devil (Matt. 4:1–11).

### ***Biblical Counseling Is Historical***

The church has always helped hurting and hardened people. Biblical counseling respects that “great cloud of witnesses” (Heb. 12:1–3) who have gone before us. Biblical counselors appreciate the legacy of Christian soul care and spiritual direction, seeking to apply for today that ancient legacy and consensual wisdom for living found in the writings of the great historic Christian soul physicians.

### ***Biblical Counseling Is Positive***

Biblical counseling is “Berean counseling” (Acts 17:11). Biblical counselors have a *critical mind minus a critical spirit*. Biblical counselors seek to focus positively on rightly understanding the Word (2 Tim. 2:15) and on graciously interacting with those with whom they disagree.

### ***Biblical Counseling Is Relational***

Because the God of the Bible is the eternal Community of intimate Oneness (John 1 and 17), biblical counselors discard aloofness in favor of “real and raw counseling.” While techniques, skills, and tools of competent counseling are not ignored, soul-to-soul relating is emphasized (1 Thess. 2:8). Biblical counseling highlights neither directive nor non-directive counseling. Rather, it practices ***collaborative counseling*** where the counselor, the counselee, and the Divine Counselor form a three-way relationship shaped by God’s Word and led by God’s Spirit.

### ***Biblical Counseling Is Relevant***

It is not enough to promote the sufficiency of the Word if we do not also minister in such a way that demonstrates the relevancy of God’s Word. Problems in living are seen by biblical counselors as *spiritual, relational, and volitional issues* addressed in the Book of Life by the Author of Life so that we can live to glorify the Creator of Life.

### ***Biblical Counseling Is Transformative***

Biblical Counseling applies the principles of *progressive sanctification* to the daily lives of believers (2 Cor. 3:16–18). It does so *through spiritual formation*, which cultivates *communion with Christ* and *conformity to Christ*.

Transformative biblical counseling highlights the inner life through its emphasis on forming the character of Christ in us—*our inner life increasingly mirroring the inner life of Christ*. It focuses on the *body of Christ* by encouraging the corporate spiritual disciplines and by equipping believers in the individual spiritual disciplines.

### ***Biblical Counseling Is Comprehensive in Theory***

Biblical counseling focuses on the full range of humanity created in the image of God (Gen. 1:26–28). A comprehensive biblical understanding sees human beings as *relational beings* who desire (spiritual and social capacities), *rational beings* who think, *volitional beings* who choose and *physical beings* who act.

### ***Biblical Counseling Is Comprehensive in Methodology***

Biblical counseling treats both *suffering* and *sin* by recognizing that God’s Word is profitable for dealing with the *evils we have suffered* as well as with the *sins we have committed* (2 Cor. 1:3–11; 2:5–11). Biblical counselors offer *comfort for the hurting* as well as *confrontation for the hardened*. They provide hope for those battered by life as well as reconciling and guiding for those ensnared by Satan.

### ***Biblical Counseling Is Comprehensive in Equipping***

Biblical counseling training unites equipping in biblical content, Christ-like character, counseling competence, and Christian community (Rom. 15:14). Scriptural insight is learned in the context of close Christian community and applied to the spiritual character development of the counselor-in-training. It results in the relational competency to interact soul-to-soul and to impact others deeply for Christ (Eph. 4:11–16).

### ***Biblical Counseling Is Universal***

The apostle Paul insists that all mature, equipped believers are competent to counsel (Rom. 15:14). Therefore, biblical counseling is universal—it is what God’s people do informally as spiritual friends and formally as biblical counselors, and what pastors do as soul physicians.

### ***Biblical Counseling Is Culturally Informed***

The fact that biblical counseling is universal in no way excludes the truth that biblical counseling should be culturally informed. It blends into its worldview the unique biblical perspectives of both *genders* and *all ethnicities* (Rev. 7:9–10).

## Personal Cost and Commitment Inventory

Jesus taught us to “count the cost” (Luke 14:25–35) to determine if we have what it takes to complete the commitments we are about to make. Becoming a Lay Counselor involves a high cost on your part (and promises many benefits). Please prayerfully weigh these costs.

### Training Time Commitment

#### In-Class Time

- BC Training for Lay Counselors is a two-year training commitment.
- BC Training will meet 16 times/year for 3 hours from Nov. to Sept. (average every 3 weeks).
- Consistent attendance is vital—it will be necessary for you to be in attendance at least 90 percent of the time that we meet.

#### Out-of-Class Time

- Approximately 30 pages per week reading
- Approximately 1 hour / week homework assignments (Reading Reports, Bible Study Sheet...)

### Ministry Time Commitment

#### Lay Counselor

If you choose to be trained as a Lay Counselor, you would be asked:

- To serve in the Biblical Counseling Ministry at First Church for two years following completion of training (and counsel up to 2 counselees per week).
- Give brief monthly status on your counseling cases to your supervisor or mentor.

### Curriculum to Purchase (for year one of training)

- *Psychobabble* (PSY), by Richard Ganz \*
- *Christian Counselor’s Manual* (CCM) by Jay Adams
- *Idols of the Heart* (IOTH) by Elyse Fitzpatrick
- *Instruments in the Redeemer’s Hands*, (IRH) by Paul Tripp
- *The Exemplary Husband* (TEH) by Stuart Scott (men only)
- *The Excellent Wife* (TEW) by Martha Peace (women only)
- *The Peacemaker* (PM) by Ken Sande (selected chapters)

\* Psychobabble is to be read prior to the first class meeting so start as soon as possible

Note: Copies of above books are available at the First Church library for member checkout

### Post Training ACBC Supervision

Each Lay Counselor who chooses to pursue ACBC certification after completing our BC Training may need to pay an ACBC Fellow around \$700.00 for phase 3 certification (required 50 hours of supervised counseling). If you are a member of First Church, you will be reimbursed 50% at the beginning of phase 3, and 50% upon completion of phase 3. Members with financial need may apply to First Church for financial help with the supervision fee payment.

# First Church Counseling Center

## Lay Counselor Application Form

### PERSONAL INFORMATION

Name: \_\_\_\_\_

Address:  
\_\_\_\_\_

Home phone: \_\_\_\_\_ Cell phone: \_\_\_\_\_

Email address:  
\_\_\_\_\_

Age: \_\_\_\_\_ Marital Status: \_\_\_\_\_

Church Membership (Where/How Long): \_\_\_\_\_  
\_\_\_\_\_

How Long You Have Been a Christian: \_\_\_\_\_

### **Application Questions:**

In the space under each question, please share concise and candid responses. If you need more space, please use the back of each sheet.

1. How did you come to know Christ?

2. Who and what has contributed most to your growth in Christ over the years?

3. What ministries are you currently participating in and what is your role?

4. Considering your competency to counsel (Romans 15:14):

<b><i>Christ-like Character</i></b>	<i>Full of Goodness</i>	Heart	Being
<b><i>Biblical Content/ Conviction</i></b>	<i>Filled with all Knowledge</i>	Head	Knowing
<b><i>Counseling Competence</i></b>	<i>Able to Admonish One Another</i>	Hands	Doing
<b><i>Christian Community</i></b>	<i>Brethren/One Another</i>	Home	Loving

a. What further growth do you need to experience in the area of ***Christ-like character***?

b. What ***biblical content*** do you think is most important for a biblical counselor to know and apply?

c. In terms of ***counseling skills/competence***, how would you rate yourself at this point in your life?

d. What are examples in your life that demonstrate how highly you value ***Christian community***—connecting deeply with others in Christ?

5. What are the primary reasons you are interested in being a part of Lay Counseling ministry?

6. Describe how comfortable you are with the openness and vulnerability required (being “real and raw” and “intense and intimate” and speaking the truth in love to each other).

7. How have you demonstrated in the recent past that you are **teachable**: open to change based upon God’s Word/counsel of others?

8. Comment on the encouragement that you have received from family members, church leaders, and significant friends concerning your giftedness for a ministry in biblical counseling and discipleship.

9. **References**: Please list the names and contact information of two people you give us permission to talk to about your preparation for being a Lay Counselor at First Church.

A.

B.

# Redeemed Personality Inventory

Name: \_\_\_\_\_

This inventory is based upon your candid assessment of where you currently are in your process toward mature Christlikeness.

**Evaluate your progress toward growth into the image of Christ using the following scale:**

***Anywhere from "10" for "Most like Christ" to a "1" for "Least like Christ."***

- \_\_\_\_\_ Like Jesus, I increasingly exalt, enjoy, love, and find satisfaction in God more than any other.
- \_\_\_\_\_ I increasingly cling to God, running home to Him as my Father, like a faithful son or daughter.
- \_\_\_\_\_ I increasingly enjoy Christ more than any other joy in life.
- \_\_\_\_\_ I increasingly depend upon the Holy Spirit to sanctify me, make me holy, beautify me, empower and equip me.
- \_\_\_\_\_ I increasingly love others deeply and sacrificially from the heart with grace.
- \_\_\_\_\_ I increasingly rest confidently in who I am in and to Christ.
- \_\_\_\_\_ Like Jesus, I increasingly view life from the Father's eternal, gracious, and good perspective.
- \_\_\_\_\_ I increasingly, together with all the saints, grasp the holy love of God.
- \_\_\_\_\_ I increasingly allow God's eternal story to invade my earthly story.
- \_\_\_\_\_ I increasingly renew my mind and stir up wholesome thinking.
- \_\_\_\_\_ Like Jesus, I increasingly die to self and live for God and others.
- \_\_\_\_\_ I increasingly trust Christ courageously and take risks to minister to others.
- \_\_\_\_\_ I increasingly find my life by dying to myself, taking up my cross, and following Christ.
- \_\_\_\_\_ I increasingly live to shepherd and minister to others.
- \_\_\_\_\_ I increasingly serve Christ and others out of a pure heart, a good conscience, and a sincere faith.
- \_\_\_\_\_ I increasingly develop emotional self-awareness: understanding my moods.
- \_\_\_\_\_ I increasingly develop emotional self-mastery: soothing my soul in my Savior.
- \_\_\_\_\_ I increasingly develop emotional maturity: managing my moods with a ministry focus.
- \_\_\_\_\_ I increasingly develop emotional empathy: recognizing emotions in others.
- \_\_\_\_\_ I increasingly develop emotional savvy: handling my relationships well.

## Personal Commitment Form

As you ponder whether you can commit to becoming a Lay Counselor, we would ask you to evaluate yourself carefully, prayerfully and honestly. We would also encourage you to gain feedback from others who know you. If you are married, please have your spouse read your Lay Counselor information, as he or she will need to weigh the costs and benefits.

If, after careful cost counting, you decide that you want to be considered for our Lay Counselor equipping ministry, then the next steps in your process toward becoming a Lay Counselor will be to:

1. Sign and date this Personal Commitment Form.
2. Complete the First Church Counseling Center Lay Counselor Application Form
3. Complete the Redeemed Personality Inventory.
  - Return these three documents to David Lee at [counseling@riponfirstcrc.org](mailto:counseling@riponfirstcrc.org)
4. Arrange an interview with David Lee by emailing him at [counseling@riponfirstcrc.org](mailto:counseling@riponfirstcrc.org)
5. If accepted, pay the annual tuition fee of \$100/year (\$250 for non-First Church members)

### My Personal Commitment to the Biblical Counselor Training

I have carefully read all the Lay Counselor information. Having weighed the benefits and costs, I am willing to commit to God to make every effort to fulfilling all Lay Counselor responsibilities. Therefore, I would ask you to prayerfully consider me for selection as a Lay Counselor trainee.

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Date)

I grant the First Church Biblical Counseling Ministry approval to perform a background check.

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Date)