

Principles of Counseling - Part 4

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I. Making a counselee comfortable.

- A. Use searching questions in order to present Scriptural truth.
- B. For more, read *On Becoming a Man* and *On Becoming a Woman* by InterVarsity.
- C. Use projects that require the counselee to do two or three things over a short period.
 - 1. Getting a commitment to complete the action is very important.
- D. Use assigned reading.
 - 1. Keep an eye out for short pamphlets that get the job done.
 - 2. The art of assigning reading is in knowing what books to recommend.
- E. Scripture memory and meditation.

II. Phase 5: Solutions

- A. Phase of appropriation, where the counselee both understands the solution and chooses to use it in his life.
- B. Beware of rejecting the counselee if he rejects the solution.
- C. Take a long-range view of counseling.
- D. The Word of God will accomplish God's will and work in others' lives. (Isaiah 55:11)

III. Problems in this phase:

- A. Motivation – overcoming initial inertia.
 - 1. Inertia is illustrated by the story of the paralyzed man at the pool. (John 5:6)
 - 2. You must address motivation to the proper area:
 - a. Physical.
 - b. Emotional.
 - c. Spiritual.
 - 3. Remove barriers.
 - a. The art of ministering is learning how to motivate.

b. The more effective you are in motivating and training others, the more people you will be able to disciple and train.

c Expose your disciples to different people with different gifts.

B. Confidence

C. Choice

IV. Overcoming the problems.

A. Give them motivation by:

1. Offer structure regarding Bible study.

2. Challenge counselee with the 'why' of Bible study:

a. Explain why it is so critical to get into the Word.

1) Hebrews 5

2) II Peter 2

3) II Timothy 3:16-17

3. Share a process of understanding and studying Scripture.

4. Study with them because people need guys. (Acts 8)

5. Preach the Word.

6. Personal exhortation. (Hebrews 10:24-25, John 13:1-11)

7. Model of other Christians.

8. Expose them to Christian fellowship.

a. The greatest contribution of the local church is fellowship.

b. If you do not have fellowship within the church, it may be because not much ministry is going on.

9. Chastisement and confession.

a. I Corinthians 5

b. I John 5

c. Acts 5

d. Those who do not confess are weak, sick, and some have died.
(I Corinthians 11:30)

10. Prayer for self and others.

11. Christian service.

a. Do not tell someone what they cannot do until you tell them what they can do.

12. Christian literature and recordings (e.g. DiscipleshipLibrary.com).

13. Help the counselee gain perspective in terms of benefits.

a. Answer the question of what are the desires and aspirations of man.

14. Making a volitional decision.

b. Work out salvation with fear and trembling. (Philippians 2:12-13)

15. Devise creative means of communicating concepts.

B. Give them confidence by:

1. Encourage the counselee to believe that they can only solve the problem with God's help.

2. Expose counselee to Biblical truth that will increase their confidence in God.

3. Anticipate the possibility of casualties. The solution will not end the counselee's problem forever, and they need to recognize that.

a. They need to remember that they are never alone. (Hebrews 13:5)

C. Empower them with choice by:

1. Making sure that they accept responsibility and act responsibly.

2. Give a personal spiritual challenge. (Psalm 11)

3. Agree upon a plan of action.

4. See the counselee after a period of time for a check-up.

5. Break down the task into bite-size parts.

a. We tend to throw too much at people at one time.

b. Get a person functioning in one area first, and then leverage that progress into other areas.

6. Provide personal support but avoid paternal relationship.

7. Always leave the door of opportunity open for further help.

V. Phase 6: Follow-up, conservation, and evaluation.

A. Evaluation of counselee and self is important.

B. Conservation phase of follow-up:

1. Refer those who need professional help.

2. People who need professional help:

a. Those who refuse to eat.

b. Those with tingling and numbness in their arm.

c. Hysteria.

d. Those who have muscular ticks or twitches in their face.