

Biblical Counseling

Week 7 - Speak 2: Speaking about sin

Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ... (Ephesians 4:15)

And we urge you, brothers, admonish the idle, encourage the fainthearted, help the weak, be patient with them all. (1 Thessalonians 5:14)

Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. (Ephesians 4:29)

Speaking about sin

1. First speak to God and to yourself.

[23] Search me, O God, and know my heart!

Try me and know my thoughts!

[24] And see if there be any grievous way in me,

and lead me in the way everlasting! (Psalm 139:23-24)

[3] Why do you see the speck that is in your brother's eye, but do not notice the log that is in your own eye? [4] Or how can you say to your brother, 'Let me take the speck out of your eye,' when there is the log in your own eye? [5] You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother's eye. (Matthew 7:3-5)

2. Keep the gospel in clear view. (Read **Romans 8:1-17.**)

Comfort:

Call:

What repentance looks like

1. Consideration

2. Confession

3. Commitment

4. Change

General principles for speaking the truth in love

Encourage two-way (and three-way!) communication.

Use summary statements.

Encourage self-confronting statements.

Aim for brevity.

Core Concepts and Takeaways

Objective: Helpful counsel needs to be rooted in the comfort and the call of the gospel.

Personal: I need to examine my life. Do the promises, provisions, and obligations of the gospel shape my living?

Relational: As I seek to help others examine themselves in the mirror of God's word, I need to be committed to encouraging and comforting them with the gospel.

Reflection Questions

Think about the personal relationship in which you are seeking to help someone.

1. What do you dislike most about confrontation? How can a gospel perspective help you move toward the person you have chosen to help?
2. List some passages that offer comforts and provisions and consider how you might connect them with your friend. List some passages that call us to action. How might you connect them with your friend?
3. What does the person need to consider? How will you help him/her see that?
4. What does he/she need to confess? How will you help him/her toward godly confession?
5. What commitments does he/she need to make? How can you help him/her be concrete?
6. What practical changes need to take place? How will you help the person to be specific so that he/she can determine if real change has happened?

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Week 7B - Do: Applying life change

1. Establish a personal ministry agenda

- What does the Bible say about the information that has been gathered?
- What are God's goals for change in this person in this situation?
- What are the biblical methods for accomplishing God's goals for change?

2. Clarify responsibility

- What is your responsibility?
- What must you entrust to God?

3. Instill identity in Christ (2 Peter 1:3-9)

4. Provide accountability

- Accountability provides structure.
- Accountability provides guidance.
- Accountability provides assistance.
- Accountability provides encouragement.
- Accountability provides warning

Core Concepts and Takeaways

Objective: I need a biblical agenda for change that reflects biblical commands, principles, promises, and priorities.

Personal: I need to ask, “What are God’s goals for change in me as I face relationships and situations?”

Relational: In personal ministry, I need to ask, “How can I support this person in the process of change?”

Reflection Questions

Think about the personal relationship in which you are seeking to help someone.

1. What portions of Scripture help you to understand this person, their situation, and their struggle in response to it?
2. What do you think are God’s goals for change for this person?
3. How might you be a part of encouraging this change? **Pray about this.**
4. Where has the person failed to embrace their responsibilities? Where have they tried to do what only God can do?
5. Where in your ministry to this person have you tended to be irresponsible, overly responsible, or confused?
6. What kind of accountability do you need to supply to encourage continued change?
7. Where has the person tended to forget who they are in Christ? What Scripture passages could you use to encourage a clear sense of this identity? How would you use these passages?
8. What prayer requests do you have for the person you’re seeking to help? What prayer requests do you have for yourself?

Concluding Thoughts

- **Love—Know—Speak—Do keeps going.** (Continue loving and knowing as you go along.)
- **You are a counselor in community.** (Seek help as you seek to help.)
- **You are not a messiah, so remember the spheres of responsibility.** (Your brothers and sisters don’t need another savior or a perfect counselor. They already have one.)
- **Let humility drive you to Christ in prayer and the Scriptures now.** (Take special note of the passages we have focused on in this course.)