***Gospel Conversations…***

***Let’s Talk Equipping the Church to Counsel***

**Session 3:**

**4 Biblical Compass Points for Biblical Counseling**

**Part 1: *Parakaletic* Biblical Counseling for**

**Suffering and Sanctification**

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**Presentation Focus**

So, you and your church are now excited about one-another ministry through biblical counseling. But what do we do after the hug? What do we say after we pray?

What are we equipping people to do when we equip them for gospel-centered biblical counseling? What does it look like to help hurting and hardened people—

all of us as saints who face suffering and struggle against sin?

In this session, we’ll learn together a comprehensive, compassionate biblical and

church history approach to helping one another face suffering face-to-face with Christ.

**4 Biblical Compass Points for Biblical Counseling**

**Part 1: *Parakaletic* Biblical Counseling for Suffering and Sanctification**

**Introduction: How to Care Like Christ**

* “What to Do After the Hug?” “What to Say After We Pray?”
* Helping Hurting People Can Feel Like a Maze
* We Need a GPS!: Gospel Positioning Story

**Pastor Carl’s Story: Suffering, Sin, and Sanctification**

* After listening to “Pastor Carl’s Story,” ponder the following questions:

1. How would you minister to Pastor Carl in his suffering? How would you minister to Pastor Carl in his struggle against sin?

2 What “map” or “process,” or “model would guide you as you helped Pastor Carl?

**Our GPS: Scripture and Soul for Suffering and Sinning**

* Pastoral care is defective unless it can deal thoroughly

**both** with the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ we have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**and** with the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ we have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**4 Biblical Compass Points for Biblical Counseling**

***Parakaletic* Biblical Counseling for the Evils We Have Suffered**

***“God Is Good Even When Life Is Bad”***

 **Gospel Compass Point # 1: Sustaining—***“It’s Normal to Hurt”*

 **Gospel Compass Point # 2: Healing—***“It’s Possible to Hope”*

***Nouthetic* Biblical Counseling for the Sins We Have Committed**

***“God Is Gracious Even When I Am Sinful”***

 **Gospel Compass Point # 3: Reconciling—***“It’s Horrible to Sin, but Wonderful to Be Forgiven”*

**Gospel Compass Point # 4: Guiding—***“It’s Supernatural to Mature”*

**I. Gospel-Centered Comfort for Suffering and Sanctification**

* **Comfort:** Co-Fortitude
* ***Parakaletic*:** Called along side to help by instilling courage
* **Suffering and Sanctification:** *“God is good even when life is bad.”*
* **Hope:** Finding God even when we can’t find relief.

 **A. Gospel Compass Point # 1: Sustaining—*“It’s Normal to Hurt”***

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with Gospel Ears to Their Earthly Story: 2 Corinthians 1:3-8
* Do Not Be Ignorant of One Another’s Suffering: 2 Corinthians 1:3-8
1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ like Christ with Their Earthly Story: Hebrews 4:15
* Sustaining Pictured: Climb in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!
* Compassionate Commiseration: Romans 12:15

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Them with Christ’s Comfort in Their Earthly Story: Hebrews 4:15
* People Need Our Christlike \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Shared Sorrow Is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Sorrow: 2 Corinthians 1:3-8
1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Their Earthly Story Incarnationally: Romans 9:2-3; John 1:14
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Suffering
1. Point Them to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in Their Earthly Story: 1 Peter 5:1-4
* Jesus with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ On
1. Engage in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Gospel Trialogues with Them: Matthew 18:20

**So What? Maturing As a Gospel-Centered Comforter**

1. Who has *sustained* you by helping you to sense that *“it’s normal to hurt”*? Who has “climbed in the casket” with you? How? How did it minister to you?

2. How could *you* use these 6 sustaining compass points to empathize with/comfort God’s people?

3. How can we equip God’s people to offer one another biblical counseling sustaining?

 **B. Gospel Compass Point # 2: Healing—*“It’s Possible to Hope”***

* 1. Stretch Them to the Larger \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Story: 2 Corinthians 1:9-11
* When Life Stinks, Our Perspective\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Christ Back Into the Picture
* Ask: “What Is God Up To in This?” “How Is Christ at Work in Your Life in This?”
* Healing Pictured: Celebrate the Empty \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. Stretch Them to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Story: Ephesians 3:14-21

* Cling to Our Image of God’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: Isaiah 40:10-11
* Cling to Our Image of Who/Whose We Are in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: Ephesians 5:1-2

3. Stretch Them to the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Story: Romans 8:17-39

* Travel Together On the Road to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Weave in the Truth: We Are More Than \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!

4. Stretch Them to the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Story: 2 Kings 6:15-17

* See Life with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Eyes

5. Stretch Them to the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Story: Engage in Healing Gospel Trialogues

**So What? Maturing As a Gospel-Centered Encourager**

1. Who has joined you in the *healing* process by helping you to sense *“it’s possible to hope”*? Who has “celebrated the resurrection with you” and stretched you to Christ? How? How did it minister to you?

2. How could *you* use these 5 healing compass points to encourage God’s people to see and live life from Christ’s resurrection perspective?

3. How can we equip God’s people to offer one another biblical counseling healing?