

Biblical Counseling Framework Part 1 - LDIE

ABC Conference | Track Session 4

1. Foundations for Care: Proverbs 3:5-7 & 2 Cor. 5:16-17

2. The Process of Biblical Counseling

- LDIE: Love, Discern, Identify, Exhort

3. Love Like Christ

1. Desire to Help: Exodus 3:12, Joshua 1:5, & Matthew 28:18-20

- Be available to serve people - Have margin in your life
 - *“If people threw away their money as thoughtlessly as they throw away their time, we would think them insane. Yet time is infinitely more precious than money because money can’t buy time.”* - Donald Whitney
- Ask sensitive and thoughtful questions
- Pray for a humble desire to help those around you

2. Offer Full Attention: Exodus 22:21-24, James 1:19, Romans 15:2-3 & Phi. 2:3-4

- Be present and attentive. By the grace of God, try to-set aside the distractions of your own life.
- Track and rephrase their statements to make sure you hear well.
- Maintain an open and warm body posture, with suitable eye contact.
- Be slow to interrupt.

3. Labor to Understand: Hebrews 2:17-18, Hebrews 4:15 & Hebrews 12:3

- Try and see life from their perspective.
- Be willing to ask, “What do you mean by that?” Don’t assume.
- Share potential commonalities he or she may have with all believers.
- The moment you think you have everything figured out, ask more questions.

4. Express Compassion: 1 Peter 5:6-7 & Romans 12:15

- Dwell on the Lord’s compassion for you and the way He joyfully cares for you.

- Pray to keep a tender attitude toward those you serve.
- Express empathy for their struggles or suffering.

5. Uphold the Truth: Ephesians 4:15

- Speak truly and often of Christ, His grace, and the forgiveness of sins by His redeeming work.
- You're free to use biblical truth, gently and in love, even if he or she does not like biblical truth. Pray for the right moments, and for patience, and for wise words.

4. Discern Like Christ: Hebrews 4:12-13

- Counseling people can go down the wrong road quickly whenever the people being counseled and the goals being pursued are seen, shaped, and defined by human wisdom. If the world's terms are used to understand people, then the world's answers will probably make the most sense.
- Start with the counselee's understanding of the problem or pain
- Over time, gently help the counselee examine the source of his or her problem or pain in light of Scripture
 - Help them examine their relational circumstances – sins of others, offenses, family upbringing, marriage, or peers.
 - Help them examine their natural circumstances – brain injury, cancer, or death of a spouse.
 - Help them examine their heart – their attitudes, beliefs, and perspective, their motives and desires, what they worship.
- Over time, gently help them examine how they are thinking, feeling, and acting in response to their problem or pain
 - a. Who are they running to, trusting in, and relying upon?
 - b. Where are they putting their attention, passion, hope, and joy?
 - c. Whose kingdom are they living and longing for?
 - d. Where and what is their treasure?
 - e. What do they believe Christ is trying to produce in them and through them during this trial?
- Over time, help the counselee restate their problem, if necessary, to reflect their pain in the light of Scripture as well as their thinking, feeling, and acting in response to their problem or pain in the light of Scripture

- Over time, help him or her see their problem as it relates to the affections of their heart in relation to God and God's affection for them.

5. Identify a Biblical Response: 1 Thess. 5:14

- Things to Keep in Mind:
 - Fixing people or taking away pain and suffering are not the main goals. We help people see the bible's approach, explanation, and guidance for their current struggle.
 - We provide gospel language to their struggle, helping them trust the gospel moment by moment.
 - The Scriptures are not primarily a catalog of specific answers to all the specific questions of human life. It provides a landscape for people to live upon more often than a step-by-step guide to every turn you make on the road.
 - Dealing with the heart, not just the symptoms.
- Over time, identify biblical passages or themes or characters or illustrations that speak relevantly to their heart and circumstance.
- Help people see and comprehend the place of true repentance and humility in their suffering.
- Help people see and understand the gospel more clearly and how the gospel applies to their particular life situation and experiences.
- Help people identify what it means, practically, to walk according to God's counsel.

6. Exhort Faithful Action:

- See and confess our futility apart from the grace of God - John 15:5
- Trust in God and His power - 1 Cor. 2:1-5
- Believe and dwell upon the Gospel of Jesus Christ - 1 Cor. 15:3-4 & 2 Peter 1:12-15
- Meditate upon, memorize, and apply the word of God - Joshua 1:8
- Engage fully in the body of Christ - Ephesians 4:15-16, Hebrews 10:24-25, & Hebrews 3:13
- Wait patiently upon the Lord and His timing - Isaiah 64:4 & Philippians 1:6