**The Gospel in Counseling**

**Student Notes**

**ABC ‘24**

1. What is the gospel?
2. Assessing what a person believes in a counseling session:
3. Sharing the gospel in counseling:
4. Helping the person recognize the gospel can change everything:

Motivations, Aim, Power Source, Relationships, Foundation, Focus

1. The gospel applied case to the case study of Cindy

Cindy has four children, ages 8, 6, 3, and 6 months. She is exhausted as she also works one day a week as an RN to help the family income. Her 6-year-old exhibits behaviors that require a different kind of parenting than the other children. They ‘ve begun the process of working with professionals to determine if interventions or IEPs are needed. The baby doesn’t sleep through the night and since she is nursing, Cindy is the sole food supply. On top of all the busyness with the children, Cindy’s mom—recently divorced—needed to move in with the family. Although “mom” sometimes helps, she often requires encouragement and redirection and sometimes interferes with parenting by injecting her own opinions. Cindy comes in struggling and reports yelling at her kids, feeling defeated and discouraged. She claims she can go from zero to sixty in seconds when one of her kids is disrespectful with her or fighting with a sibling. She has tried “everything:” walking away, talking to her husband about more help, ignoring the kids, screaming, trying to have logical conversations to get them on board with good behavior. She has been to doctors and behavioral specialists for one of her most difficult children. She longs for peace in her home, and kids that are respectful and kind. She wants her kids to obey. She fears she will lash out in anger and do something she regrets, thereby ruining the relationship she has with them. She thinks living in this cycle of trying, getting angry and then feeling defeated will just keep happening. She is in tears as she shares the story.

* 1. What are her desires?
  2. What does she think is the problem?
  3. Where does she look for strength?
  4. How does she attempt to gain approval?
  5. How would we use the six areas on the chart to counsel her, using the gospel as the path to life for her?