

SIDE BY SIDE NOTES

- What Biblical Counseling is
 - Discipleship and Biblical friendship
 - Helping each other live out Eph. 4:14-5:2 better each day
 - Walking side by side with our brothers and sisters in Christ
 - Pointing each other toward Christ in the midst of our challenging circumstances
 - Believing and living out 2 Peter 1:3
- What Biblical counseling isn't
 - A quick fix
 - Merely a proof text
 - Pat answers to complex issues
 - Read your Bible and pray everyday and you'll grow, grow, grow

If you're going to be a biblical counselor it is crucial to be living a life that is becoming more like Christ's.

Biblical counseling starts with effective self-counseling.

- Side by Side
 - We are ALL needy
 - Ask the Lord for help
 - Ask for help from others.
 - 1) Put our burden into words
 - 2) Attach words of Scripture
 - We are ALL needed
 - Move towards others (Romans 15:14)
 - Engage with *THAT* person in your group
 - Greet one person you don't know or don't know well each week
 - Have thoughtful conversations
 - Follow their affections
 - See the good and enjoy one another
 - When we see the Spirit at work we need to point it out
 - Have compassion during trouble
 - Things to say
 - "I'm so sorry."
 - "This is so hard and painful."
 - "I'm with you in this."
 - Things NOT to say
 - "It could always be worse"
 - "What is God teaching you through this?"
 - "God will work this together for good."
 - "If you need anything let me know."
 - Pray during trouble
 - Pray for what is on their heart

- Connect scripture and matters of the heart
 - Pray for
 - Healing (James 5:14)
 - Comfort (2 Corinthians 1:3-4)
 - Wisdom (James 1:5)
 - Unity (John 17:29-31)
 - Encouragement (1 Thessalonians 3:10)
 - Love and discernment (Philippians 1:9-10)
 - Perseverance (Colossians 1:11)
 - Faith that lasts (Luke 22:32)
 - Fruit of the Spirit (Galatians 5:22-23)
 - Follow-up
- Dealing with sin
 - Be alert to Satan's devices
 - "He promises freedom; he delivers slavery."
 - Our primary means for doing battle are scripture and prayer.
 - Prepare to talk about sin
 - Examine ourselves first
 - See the good
 - Acknowledge the hard
 - Requires humility and patience
 - One at a time
 - Help fellow sinners
 - Resist the urge to simply commiserate
 - Get to the heart issues at hand
 - Develop a plan
 - Confession and repentance
 - Gospel centered resources
 - Specific actions
 - Follow-up
 - Get help
 - Recognize the messy nature of growth and change
 - Keep *the* story in view
 - Ephesians 1:3-14
- Framework to follow when walking alongside others
 - Pray before, during and after connections with them
 - Keep confidentiality
 - Listen well
 - Point out the Spirit's work when you see it
 - Apply scripture
 - Gently confront sin and get to the heart issues at play
 - Pray with them and ask them to pray
 - Encourage/Assign next steps