

Side by Side

Adam Congdon

WHO 
CARES?

COUNSELING

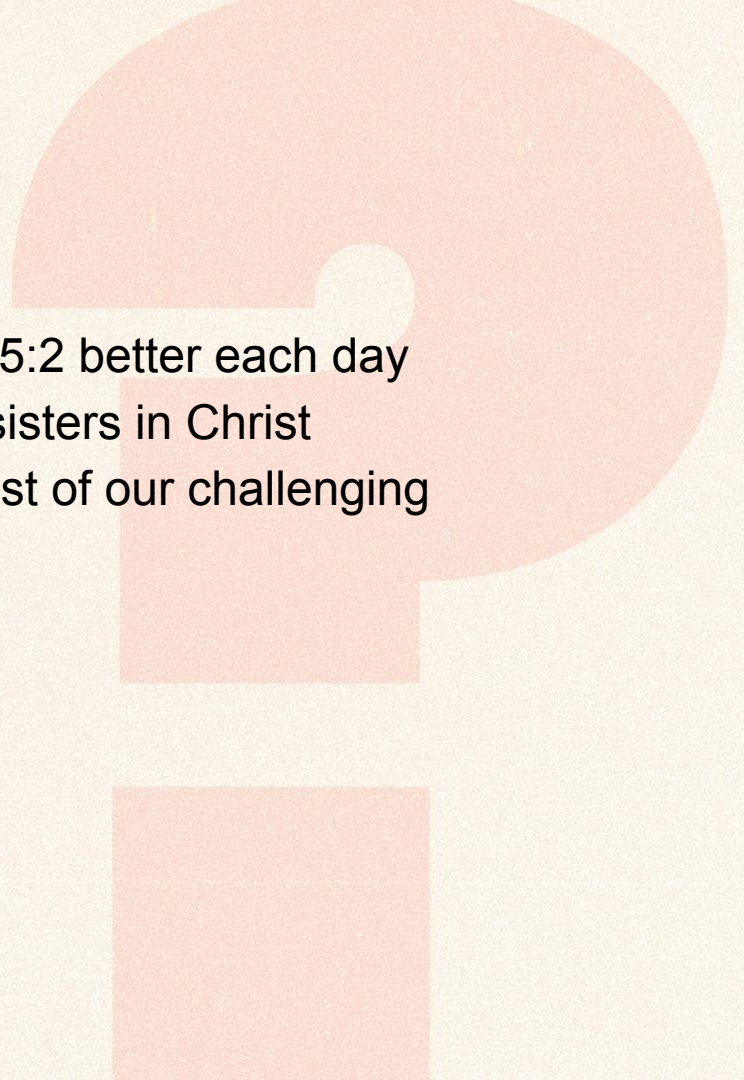
WHO 
CARES?

Is the counseling we're
exposing ourselves to and
sharing with others Biblical?

WHO 
CARES?

What Biblical Counseling is...

- Discipleship and Biblical friendship
- Helping each other live out Ephesians 3:14-5:2 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



HEAT

GOD



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

WHO 
CARES?

Biblical counseling starts with
effective self-counseling.

WHO 
CARES?

EDWARD T. WELCH

SIDE
BY
SIDE

WALKING
WITH OTHERS
— IN —
WISDOM AND
LOVE

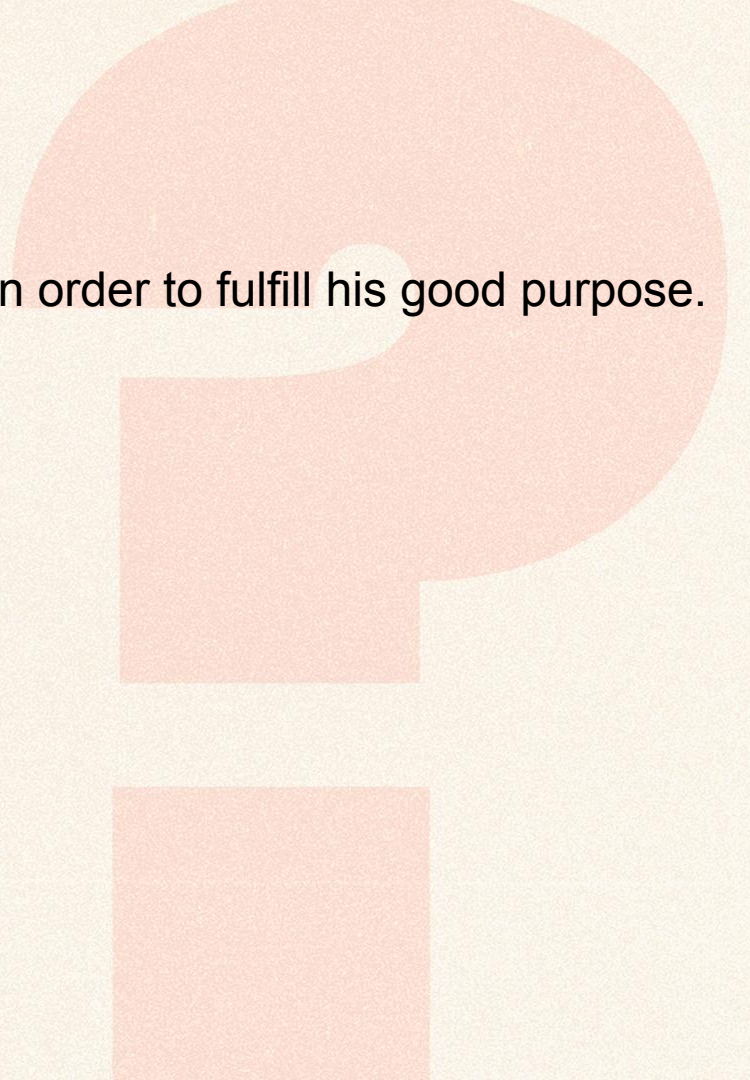
Side by Side

- We are ALL needy



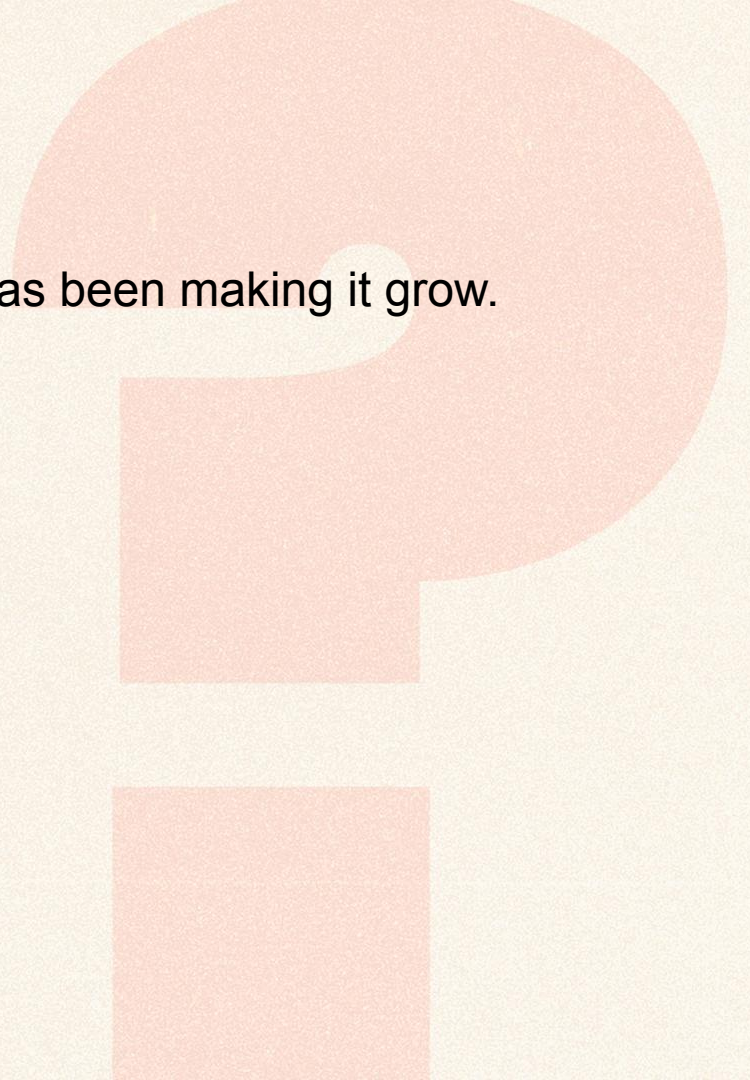
Philippians 2:13

For it is God who works in you to will and to act in order to fulfill his good purpose.



1 Corinthians 3:6

I planted the seed, Apollos watered it, but God has been making it grow.



Side by Side

- We are ALL needy




1 Thessalonians 5:14

And we urge you, brothers and sisters, warn those who are idle and disruptive, encourage the disheartened, help the weak, be patient with people that you enjoy being with that are also working hard to grow in Christ.

1 Thessalonians 5:14

And we urge you, brothers and sisters, warn those who are idle and disruptive, encourage the disheartened, help the weak, be patient with everyone.



Side by Side

- We are ALL needy



Side by Side

- We are ALL needy
 - Ask the Lord for help



HEAT

GOD



Side by Side

- We are ALL needy
 - Ask the Lord for help
 - Ask for help from others



Side by Side

- We are ALL needy
 - Ask the Lord for help
 - Ask for help from others
 - 1) Put our burden into words



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



Side by Side

- We are ALL needy
- We are ALL needed



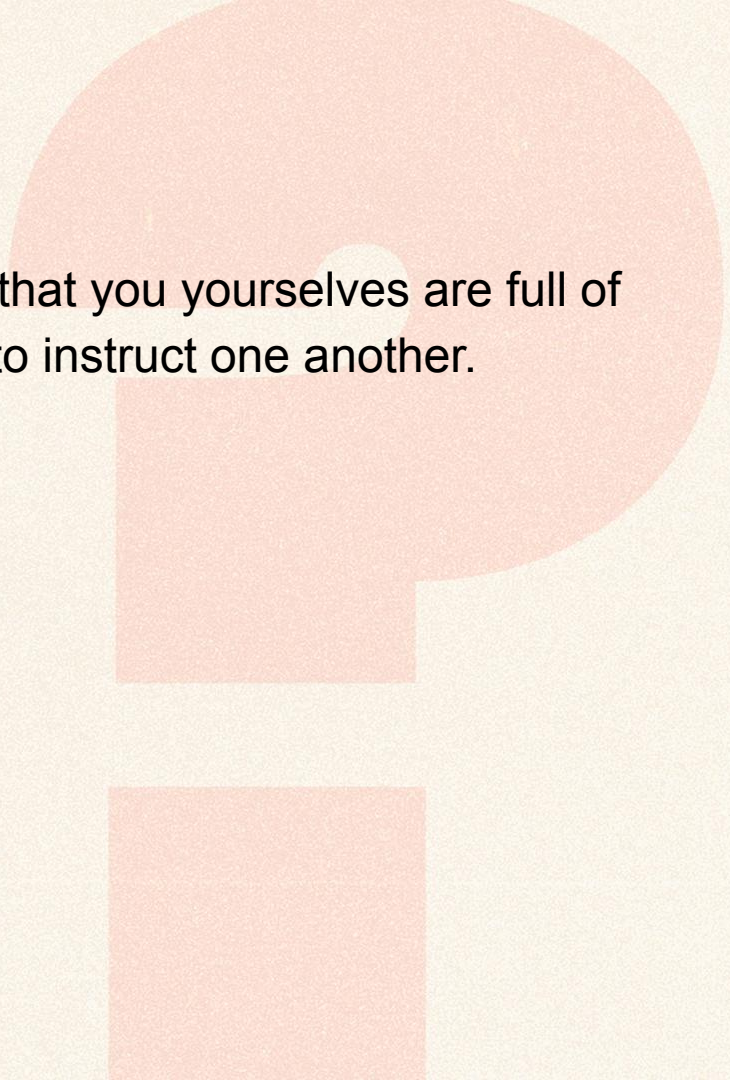
Side by Side

- We are ALL needy
- We are ALL needed
 - Move towards others



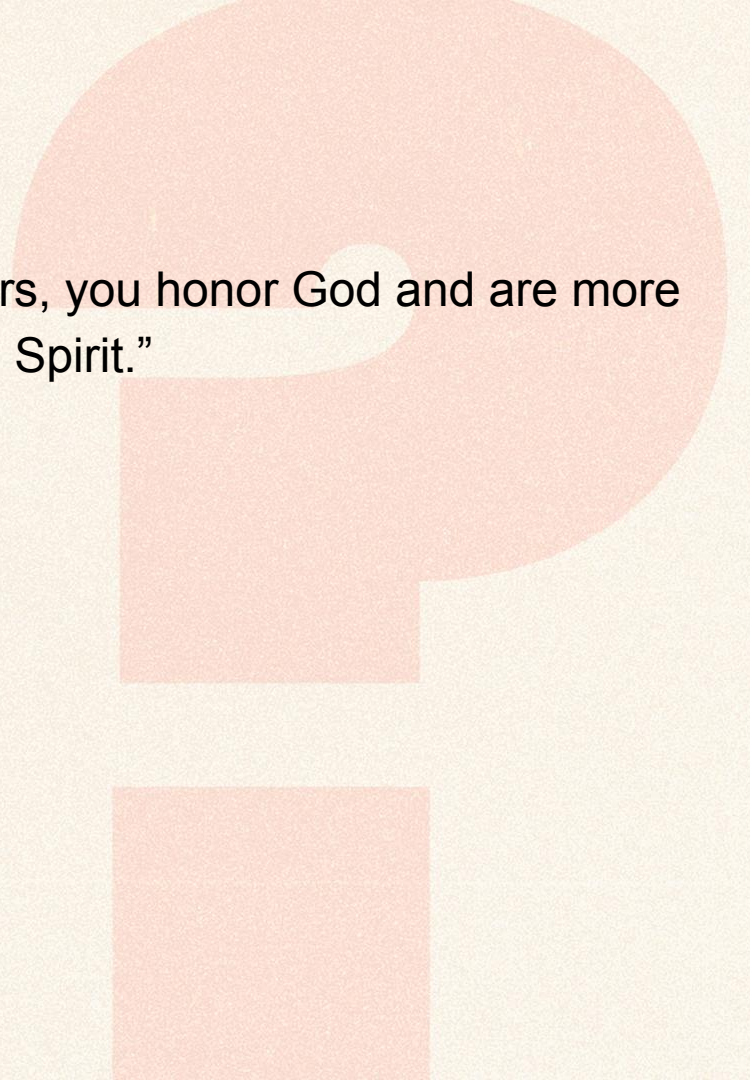
Romans 15:14

I myself am convinced, my brothers and sisters, that you yourselves are full of goodness, filled with knowledge and competent to instruct one another.



Ed Welch - Side by Side

“When you in your weakness, move toward others, you honor God and are more powerful than you know. You are qualified by the Spirit.”



Side by Side

- We are ALL needy
- We are ALL needed
 - Move towards others
 - Engage with *THAT* person in your group



Side by Side

- We are ALL needy
- We are ALL needed
 - Move towards others
 - Engage with *THAT* person in your group
 - Greet one person you don't know or don't know well each week



Side by Side

- We are ALL needy
- We are ALL needed
 - Move towards others
 - Have thoughtful conversations



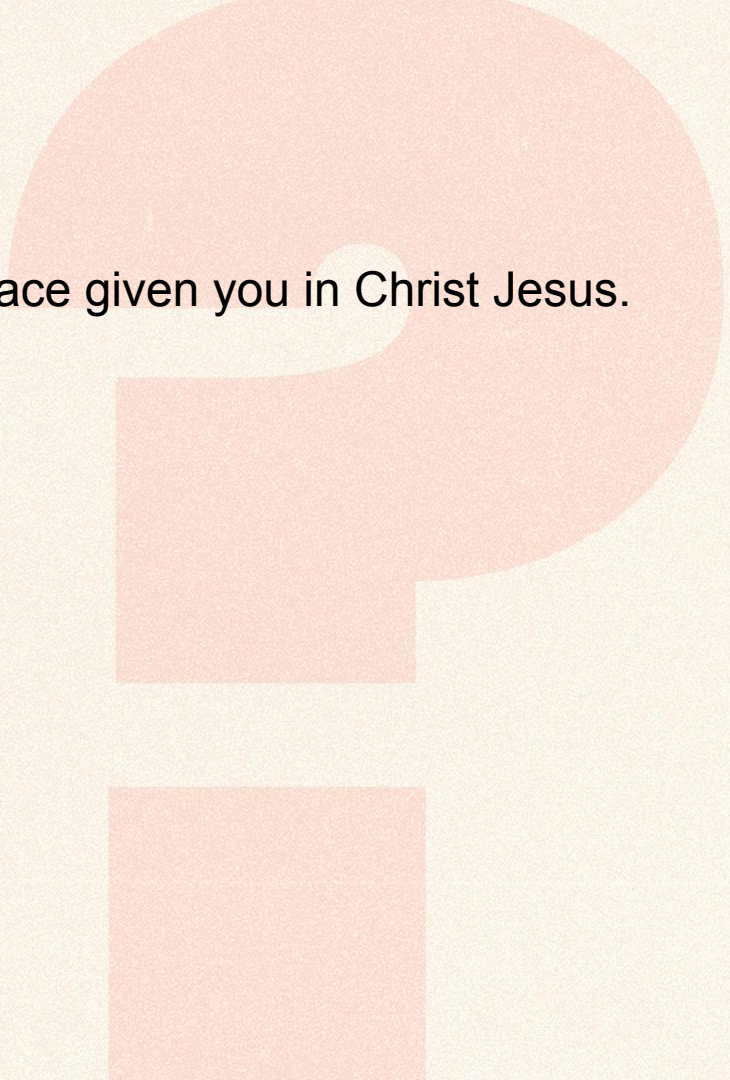
Side by Side

- We are ALL needy
- We are ALL needed
 - Move towards others
 - Have thoughtful conversations
 - Follow their affections



1 Corinthians 1:4

I always thank my God for you because of his grace given you in Christ Jesus.



Side by Side

- We are ALL needy
- We are ALL needed
 - Move towards others
 - Have thoughtful conversations
 - See the good and enjoy one another



Side by Side

- We are ALL needy
- We are ALL needed
 - Move towards others
 - Have thoughtful conversations
 - See the good and enjoy one another
 - When we see the Spirit at work we need to point it out.



Side by Side

- We are ALL needy
- We are ALL needed
 - Move towards others
 - Have thoughtful conversations
 - See the good and enjoy one another
 - 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.”



Side by Side

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 - Move towards others
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Side by Side

- We are ALL needy
- We are ALL needed
 - Move towards others
 - Have thoughtful conversations
 - See the good and enjoy one another
 - Have compassion during trouble
 - Pray during trouble



Side by Side

- We are ALL needy
- We are ALL needed
 - Move towards others
 - Have thoughtful conversations
 - See the good and enjoy one another
 - Have compassion during trouble
 - Pray during trouble
 - Pray for what is on their heart



Side by Side

- We are ALL needy
- We are ALL needed
 - Move towards others
 - Have thoughtful conversations
 - See the good and enjoy one another
 - Have compassion during trouble
 - 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)



Side by Side

- We are ALL needy
- We are ALL needed
 - Move towards others
 - Have thoughtful conversations
 - See the good and enjoy one another
 - Have compassion during trouble
 - Pray during trouble
 - Pray for what is on their heart
 - Connect scripture and matters of the heart
 - Follow-up



Side by Side

- We are ALL needy
- We are ALL needed
- Dealing with Sin



1 Peter 5:8-9

⁸ Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. ⁹ Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings.

Side by Side

- We are ALL needy
- We are ALL needed
- Dealing with Sin
 - Be alert to Satan's devices



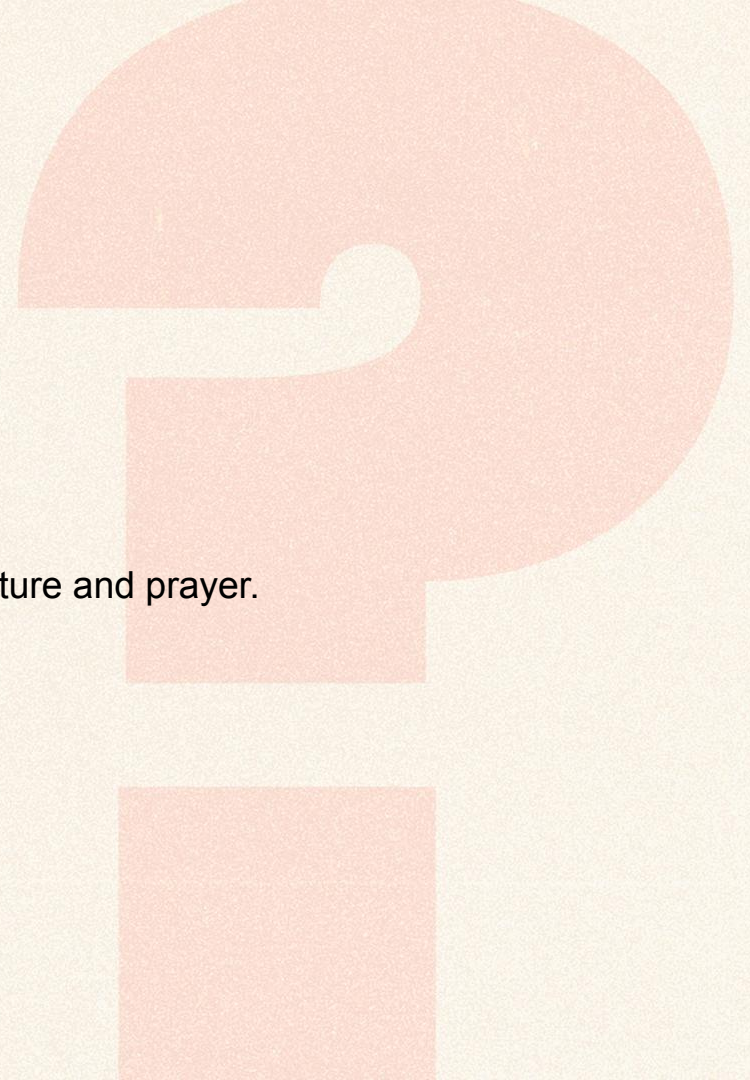
Side by Side

- We are ALL needy
- We are ALL needed
- Dealing with Sin
 - Be alert to Satan's devices
 - "He promises freedom; he delivers slavery."



Side by Side

- We are ALL needy
- We are ALL needed
- 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.



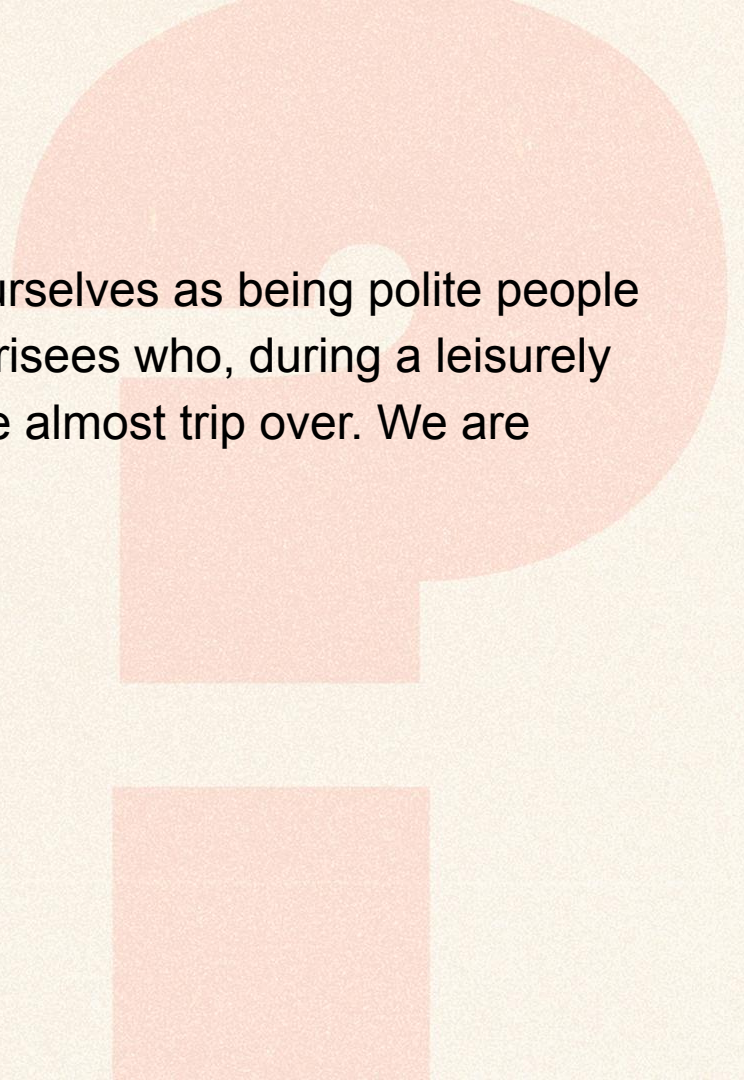
Side by Side

- We are ALL needy
- We are ALL needed
- Dealing with Sin
 - Be alert to Satan's devices
 - Prepare to talk about sin



Ed Welch - Side by Side

“When we put sin off-limits, we cannot defend ourselves as being polite people who merely avoid meddling. Rather, we are Pharisees who, during a leisurely walk, avoid eye contact with the dying person we almost trip over. We are neglecting matters of life and death.”



Matthew 7:3-5

³ “Why do you look at the speck of sawdust in your brother’s eye and pay no attention to the plank in your own eye? ⁴ How can you say to your brother, ‘Let me take the speck out of your eye,’ when all the time there is a plank in your own eye? ⁵ You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother’s eye.

Side by Side

- We are ALL needy
- We are ALL needed
- Dealing with Sin
 - Be alert to Satan's devices
 - Prepare to talk about sin
 - Examine ourselves first



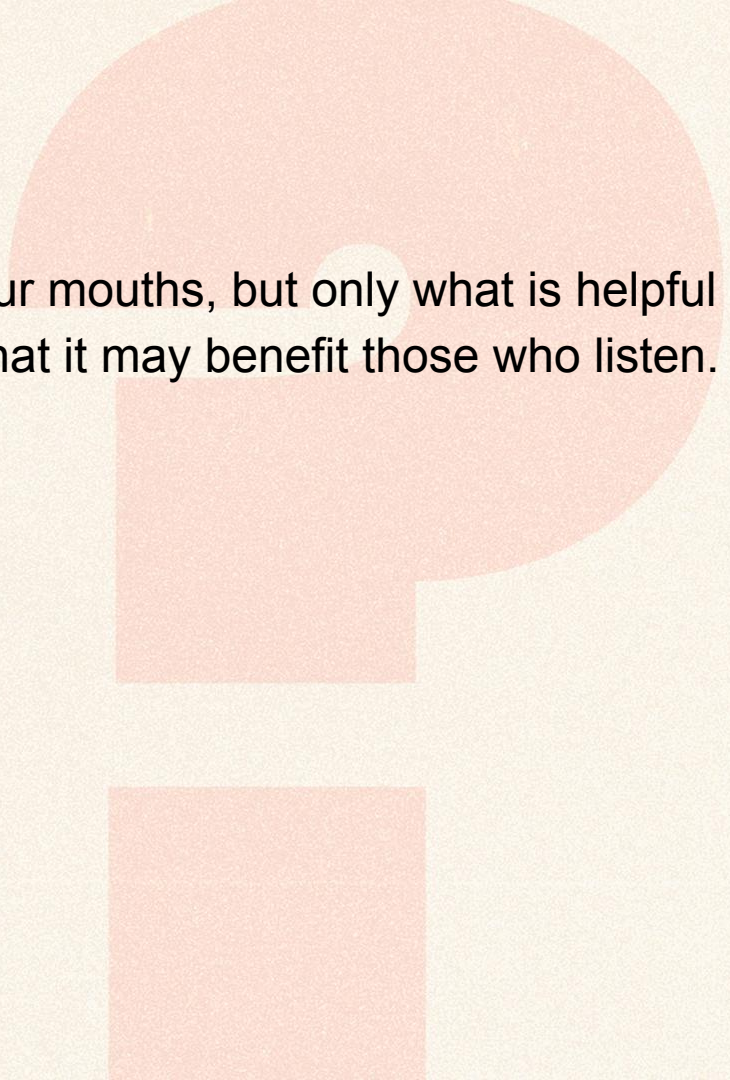
Side by Side

- We are ALL needy
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- Dealing with Sin
 - Be alert to Satan's devices
 - Prepare to talk about sin
 - Examine ourselves first
 - See the good



Ephesians 4:29

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.



Side by Side

- We are ALL needy
- We are ALL needed
- Dealing with Sin
 - Be alert to Satan's devices
 - Prepare to talk about sin
 - Examine ourselves first
 - See the good
 - Acknowledge the hard



Side by Side

- We are ALL needy
- We are ALL needed
- Dealing with Sin
 - Be alert to Satan's devices
 - Prepare to talk about sin
 - Examine ourselves first
 - See the good
 - Acknowledge the hard
 - Requires humility and patience



1 Peter 4:8

Above all, love each other deeply, because **love covers over a multitude of sins.**



Side by Side

- We are ALL needy
- We are ALL needed
- Dealing with Sin
 - Be alert to Satan's devices
 - Prepare to talk about sin
 - Examine ourselves first
 - See the good
 - Acknowledge the hard
 - Requires humility and patience
 - One at a time



Side by Side

- We are ALL needy
- We are ALL needed
- Dealing with Sin
 - Be alert to Satan's devices
 - Prepare to talk about sin
 - Help fellow sinners



Side by Side

- We are ALL needy
- We are ALL needed
- Dealing with Sin
 - Be alert to Satan's devices
 - Prepare to talk about sin
 - Help fellow sinners
 - Resist the urge to simply commiserate



Side by Side

- We are ALL needy
- We are ALL needed
- Dealing with Sin
 - Be alert to Satan's devices
 - Prepare to talk about sin
 - Help fellow sinners
 - Resist the urge to simply commiserate
 - Get to the heart issues at hand



HEAT

GOD



Side by Side

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- We are ALL needed
- Dealing with Sin
 - Be alert to Satan's devices
 - Prepare to talk about sin
 - Help fellow sinners
 - Resist the urge to simply commiserate
 - Get to the heart issues at hand
 - Develop a plan



Side by Side

- We are ALL needy
- We are ALL needed
- Dealing with Sin
 - Be alert to Satan's devices
 - Prepare to talk about sin
 - 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



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 - Prepare to talk about sin
 - Help fellow sinners
 - Resist the urge to simply commiserate
 - Get to the heart issues at hand
 - Develop a plan
 - Get Help



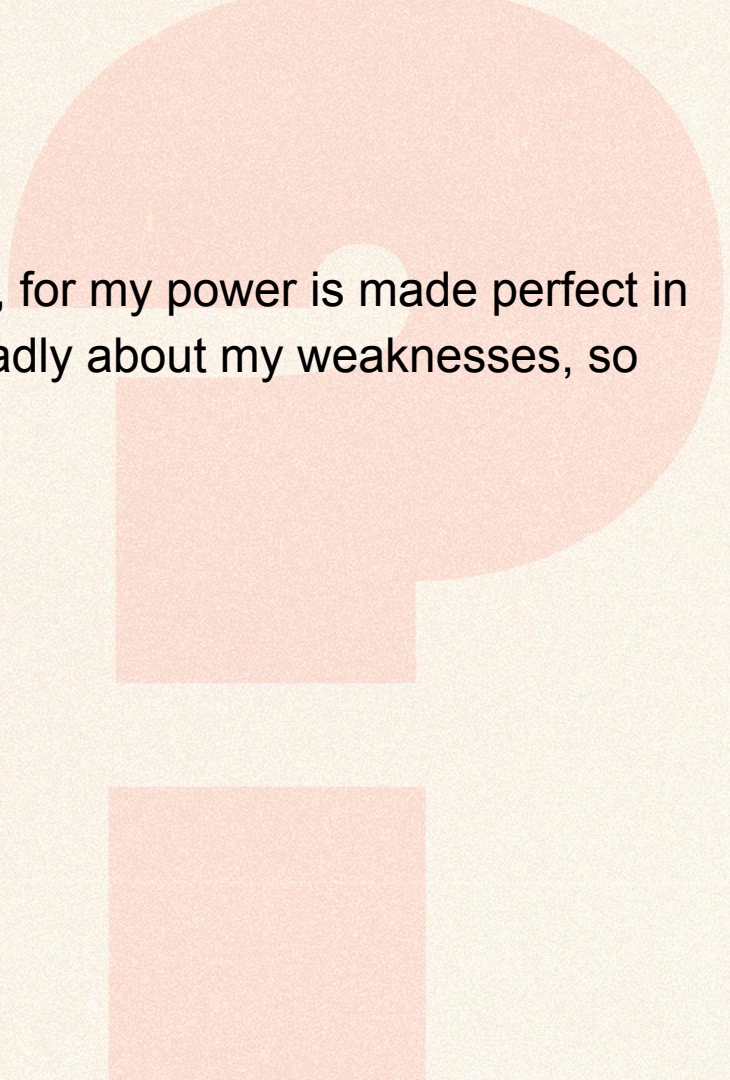
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 - Be alert to Satan's devices
 - Prepare to talk about sin
 - Help fellow sinners
 - Resist the urge to simply commiserate
 - Get to the heart issues at hand
 - Develop a plan
 - Get Help
 - Recognize the messy nature of growth and change



2 Corinthians 12:9

But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.



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 - Be alert to Satan's devices
 - Prepare to talk about sin
 - Help fellow sinners
 - Resist the urge to simply commiserate
 - Get to the heart issues at hand
 - Develop a plan
 - Get Help
 - Recognize the messy nature of growth and change
 - Keep *the* story in view



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 - Be alert to Satan's devices
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 - Resist the urge to simply commiserate
 - Get to the heart issues at hand
 - Develop a plan
 - 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

QUESTIONS?

WHO 
CARES?

Resources

Christian Counseling Education Foundation - cccf.org

Biblical Counseling Coalition - biblicalcounselingcoalition.org

Paul David Tripp - paultripp.com

Brad Hambrick - bradhambrick.com

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