

**Xenos Christian Fellowship**  
**Christian Leadership 2**  
**Pastoral Counseling 1**  
**Week 1 - Introduction to Pastoral Counseling**

**Introduction**

**All Christian workers should be able to do pastoral counseling!**

The biblical basis for this thesis:

1. The New Testament words for counseling are addressed to *all* Christians.  
*Parakaleo* (107 times in New Testament): encourage, comfort, exhort  
1 Thess. 5:11, Heb. 10:25  
*Didasko*: (97 times in New Testament) teach, instruct (formally or informally)  
Col. 3:16  
*Noutheteo* (11 times in New Testament): admonish; counsel  
Rom. 15:14, Col. 3:16  
*Elencho* (17 times in New Testament): reprove, expose, convict, refute  
2 Tim. 4:2  
*Epitimao*: (33 times in New Testament) rebuke, warn, tell sternly  
2 Tim. 4:2
2. The main goal of New Testament counseling is sanctification  
Gal. 6:1  
1 Tim. 1:5  
Col. 1:28  
1 Thess. 2:7-12
3. The main context for New Testament counseling is Christian community  
Eph. 4:15,16  
See also notes on [normative involvement in the Body of Christ](#)

NOTE:

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## Three Basic Counseling Models

	<b>Dynamic Model</b>	<b>Moral Model</b>	<b>Relational Model</b>
<b>Basic pre-supposition about human nature: <i>Why do people do what they do?</i></b>	“...people are controlled by internal processes...of which they are unaware. The roots of these... and the source of their current strength are found in the past, in the person’s childhood.” (Lawrence Crabb, “Understanding People” [Grand Rapids: Zondervan Publishing House, 1987], p. 81)	The basic problem with people is that they are stubborn. Their problems arise from, and only from choices they willfully make.	The basic problem with people is that they have been damaged by bad relationships. “Human problems...are... defensive attempts to handle the pain of fear and tension in significant relationships.”  (Crabb, p. 83)
<b>What is required for healing according to this view?</b>			
<b>Comparison with the biblical view of man (Pro’s of this view)</b>			
<b>Contrast with the biblical view of man (Con’s of this view)</b>			

The Moral model is the most common sub-biblical model found in Christian counseling. Let's look further to see why we must distance ourselves from it.



#### LEGALISTIC APPROACH:

##### EXAMPLES:

1. The newly wed wife feels lonely and rejected when her husband goes out with the guys for an evening.

The moral model (legalistic) advice:

2. The man knows that losing his temper isn't right.

The legalistic advice:

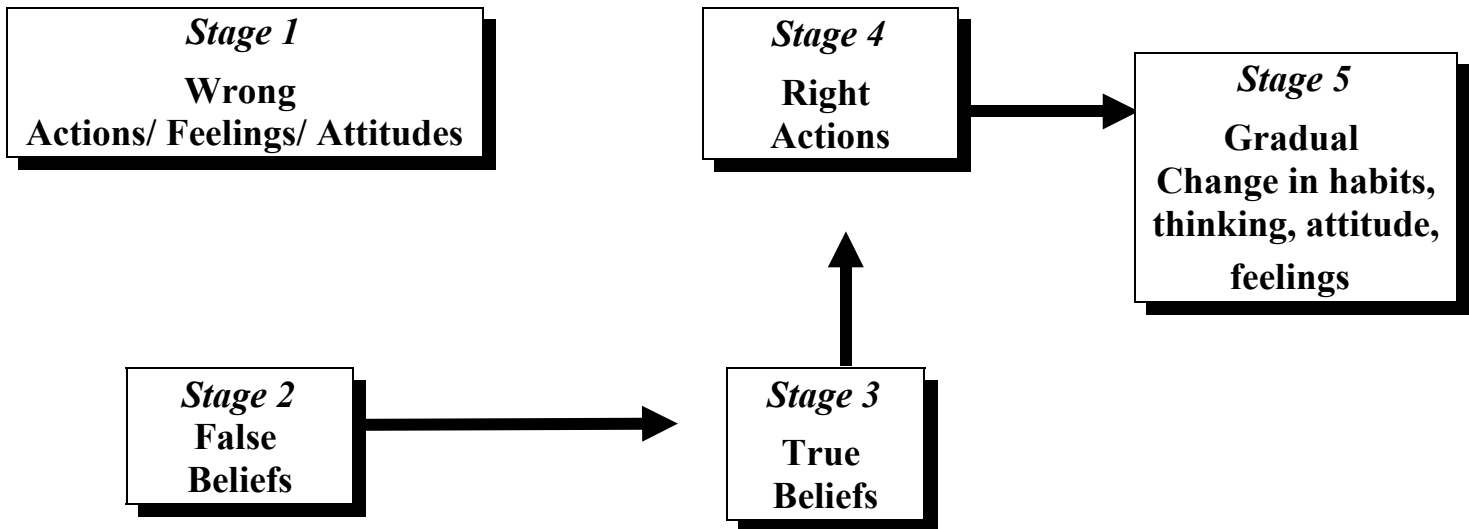
##### QUALIFICATION:

#### THE BIBLICAL MODEL

This model is anchored in key biblical presuppositions concerning sanctification. (Col. 3:1-14)

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## The Biblical Model



*STAGE 1 - Wrong Actions/Feelings/Attitudes:*

*STAGE 2 - False Beliefs:*

The chart from Christian Ministry [“New Identity”](#) can be very helpful in associating symptoms with wrong beliefs (Caution: don’t apply rigidly).

*STAGE 3 - True Beliefs:*

*STAGE 4 - Right Actions:*

"Resistance"

"Replacement"

*STAGE 5 - Gradual change in habits, thinking, attitude, feelings:*

## Other considerations when using this model

1. This model provides a practical, but not rigid, framework for the counselor/discipler as well as the person who needs counsel.
  - We should not try to just “tell” them what we think regarding each stage. We want to draw them out.
  - ... there are too many variables the person is bringing with them to be rigid.
2. As a counselor we should know our own tendencies.
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3. Conferring with other mature Christians before or during the process of counseling can be very helpful.

(Covered in Christian Leadership 2, Pastoral Counseling 1 – Week 3 or see Gary DeLashmutt and Dennis McCallum’s paper on [Conferral and Confidentiality in the body of Christ.](#))

## Examples to illustrate the model

### DISHONESTY ABOUT SIN & PROBLEMS

Why do I lie to others (actively or passively) about my problems, sins, failures, etc.? What does it mean when I do this?

What is actually true?

How should I respond (present myself) to the truth?

### SEXUAL IMPURITY

Why am I enslaved to sexually immoral relationships? What does this mean when I do this?

What is actually true?

How should I respond?

## SINFUL ANGER

Why do I get angry and lose my temper? What does it mean when I do this?

What is actually true?

How should I respond?

## Conclusion

Remembering key elements from tonight will be important:

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## Assignment Due Next Week

Read the chapter on “listening”. Write one paragraph summarizing the content & one paragraph of personal application. Note memory verses and “key points to know for the exam” sections.

## Memory Verses

Romans 15:14\*

Col 3:1-14\*\*

## Key Points to Know for Exam

1. Be able to argue the case that all Christians should be able to do pastoral counseling.
2. Be able to diagram and briefly explain each of the 5 stages of the biblical counseling model described in class.