



Introduction to Biblical Counseling Foundation (BCF)

BCF LESSONS 1-2 You Can Change Biblically Calvary Chapel greg blanc

PRIMARY PURPOSE

The primary purpose of this course is to _____ the Christian to allow the _____ to be the final court of arbitration, when it comes to our thinking and decision making process.

You will never regret allowing scripture to be the _____ in your life!

THE CHALLENGE

Many people have issues about being controlled, and these issues prevent us from growing spiritually. It's not about being under God's _____, it's about being under God's _____.

During this class, (depending on your attitude), the initials "BCF" will come to stand for: BCF= _____ Class Forever or _____ Christ-like Faithfully.

BLAME-SHIFTING

You will be challenged to live your life according to the Word of God, and to allow the scriptures to be the authority in your life, and allow the Holy Spirit to have access to all areas of your heart. This course will encourage you to accept responsibility for your actions and not to avoid responsibility for your actions.

_____ - _____ **will no longer be an option for you!**

As you begin to accept _____, your fellowship with God will greatly be increased and the benefits of walking in the light as He is in the light will be obviously manifested in your life.

COUNTING THE COST

Learning to accept personal responsibility is always a _____. Spiritual _____ always comes at a cost. There is no pill for _____. It takes effort and discipline to allow the Holy Spirit to lead you. Have you counted the cost?

BENE'S FOR OBEDIENCE

Jesus said in Luke 11:28 "blessed are those who hear the word of God and keep it!"

John 14:23 (NKJV) Jesus answered and said to him, "If anyone loves Me, he will keep My word; and My Father will love him, and We will come to him and make Our home with him.

As you read through the scriptures, you should be looking for _____, _____, and _____.

Psalms 84:11 (NKJV) No good *thing* will He withhold from those who walk uprightly.



CONFRONTATION

The word "**Confrontation**" - (Webster's) a) a face to face meeting b) the clashing of forces or ideas c) to face in challenge, often in conflict.

Romans 12:9 (NKJV) *Let love be without hypocrisy. Abhor what is evil. Cling to what is good.*

1 Peter 1:22 (NKJV) *Since you have purified your souls in obeying the truth through the Spirit in sincere love of the brethren, love one another fervently with a pure heart.*

The standard for biblical confrontation is God's _____ and God's _____.

SELF

Now that we have a basic understanding of the word "confrontation", let's put it in the context of this course. _____ is the word we haven't addressed yet.

You see, it's easy to spot the need to inform a brother or a sister that according to the Bible, their behavior is not conducive with the life of a believer, and there is a need for immediate change. But..... are you willing to _____ your own life and behavior using the same standard? I learned a long time ago that my sin of anger or bitterness or criticism or apathy, always looks worse on someone else.

One of the purposes of scripture is to help us see things from God's perspective. To get us in the habit of thinking like God wants us to think, so that our first response is godly.

Abraham Maslow, known as the founder of humanistic psychology, and not a God fearing guy, developed a theory on 4 levels of learning.

- a. Unconscious incompetence - I don't know, that I don't know.
- b. Conscious incompetence - I know that I don't know.
- c. Conscious competence - I know that I know.
- d. Unconscious competence - I don't know (I don't have to think about it) that I know.

Psalms 119:11 (NKJV) *Your word I have hidden in my heart, That I might not sin against You!* Most of the _____ that come my way, don't come when I have a Bible in my hand. That's why we need to have the Word of God written on our _____.

THIS WEEKS MEMORY VERSES (and context)

Matthew 7:1,5 (NKJV) (The foundation of this class)

¹ "Judge not, that you be not judged.

² "For with what judgment you judge, you will be judged; and with the measure you use, it will be measured back to you. ³ "And why do you look at the speck in your brother's eye, but do not consider the plank in your own eye? ⁴ "Or how can you say to your brother, 'Let me remove the speck from your eye'; and look, a plank *is* in your own eye?

⁵ "Hypocrite! First remove the plank from your own eye, and then you will see clearly to remove the speck from your brother's eye.

Many a Christian has stood on the sidelines and watched, without saying a word, as a fellow believer falls deeper and deeper into sin, with the _____ that they didn't want to be accused of being judgmental.

John 7:24 (NKJV) *"Do not judge according to appearance, but judge with righteous judgment."*



RESTORATION

James 5:19-20 (NKJV) (Bring Back the Erring One) ¹⁹ Brethren, if anyone among you wanders from the truth, and someone turns him back, ²⁰ let him know that he who turns a sinner from the error of his way will save a soul from death and cover a multitude of sins.

Galatians 6:1-2 (NKJV) Brethren, if a man is overtaken in any trespass, you who *are* spiritual **restore** such a one in a spirit of gentleness, considering yourself lest you also be tempted. Bear one another's burdens, and so fulfill the law of Christ.

The word used for "restore" in this verse is a verb, which means "to set a broken bone." If a man falls down and breaks his leg, what are you going to do? Are you going to walk off and leave him in pain? God says, "You who are spiritual set the broken bone.

"You who *are* spiritual **restore** such a one in a spirit of gentleness". Notice that you are to restore him in the spirit of meekness. A spiritual man will have the fruit of the Spirit in his life: love, joy, peace, longsuffering, gentleness, goodness, faithfulness, and meekness.

"Considering thyself, lest thou also be tempted." Don't think that you are immune to what you have noticed in another's behavior... So restore him in the spirit of meekness.

Galatians 6:1 (Living) Dear brothers, if a Christian is overcome by some sin, you who are godly should gently and humbly help him back onto the right path, remembering that next time it might be one of you who is in the wrong.

The key essential to earning the right to help in the _____ process, is that your reputation and your character be "godly". Talk the talk, walk the walk.

If your lifestyle is full of _____, your words and your testimony will have no power to those you are trying to help.

So in reality, this is the mental picture that Jesus is drawing for us:

Don't try to remove the speck or sliver in your brother's eye, when you have a big old redwood (plank) hanging out of your own eye.

The body of Christ has recently invested in a sign depicting this tendency that is multi-language, multi-spiritual, and multi-cultural.

NO _____!



Homework

Lessons 1 & 2

Self- Confrontation

1. **Memory Verses:** Matthew 7:1 & 5
2. **Read Lessons 1 & 2 – *Write down any questions or comments to discuss in your small group.***
3. **Read Supplements 1 & 2** in the back of your book.
4. What are the four elements of a counseling session?
5. **Answer the following questions** based on the information in lessons 1& 2:
 - A. Why is self-confrontation necessary?
 - B. Why is it important to rely on God's Word when examining your life?
 - C. How do you know for certain that you are saved?
 - D. Is it necessary for a person you are counseling to be saved?
6. For each memory verse (Matthew 7:1 & Matthew 7:5) **answer the following:**
 - A. What is the Principle?
 - B. What is the Command?
 - C. What is the Promise?