



# Christian Counseling

## Workbook



by  
*Dr. T.E. VanBuskirk*

# Christian Counseling

**a workbook**

by

*Dr. T.E. VanBuskirk*

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To be used in conjunction with,  
“PRACTICAL COUNSELING PRINCIPLES FOR CHRISTIANS”

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Please send a small love offering if possible. *Dr. V.B.K.*

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# Introduction



## The Need for Christian Counseling.

The other day while reading *The Baptist Preacher* (pub. By the Baptist Bible Tribune) in the article giving the findings from the “1998 Pastor’s Survey,” I came across an interesting fact. The survey showed that, “The highest number of responses to the weakness question, approximately one-third or 34%, indicated that their single greatest need to be effective in the ministry was improvement in this area.” That area was in personal work, including visitation, soul-winning and counseling. In my own ministry I have personally felt the need for improvement in this area of personal work.

In the matters of soul-winning and visitation I find that, in my case and I think in the case of most preachers that I know that have problems in these areas, it is not a matter of a lack of training, most of us have had adequate amounts of that; so that leaves but one solution that I can see and I call that solution, “GOYB.” To be blunt that means, GET OFF YOUR (ahem) BACKSIDE! It’s not a matter of a lack of training it usually is a matter of a lack of DOING!

Counseling, on the other hand is an area where most Baptist preachers and workers suffer from a woeful lack of proper training. When you leave this class you will not be a polished counselor, but, you will have some practical approaches as to how to help people with many of the typical problems faced by people in general.

There are three things that you will need to be a good pastor and a good counselor. Whether you are a pastor or a Sunday school teacher or some other kind of worker in the church, these same three things are what you will need to be a good servant of God when He calls upon you to counsel one of His people.

Those three things are: **Wisdom, Love, and the Power of the Holy Spirit.**

If you pray and ask God to give you these three things, and then you USE THEM when God gives them to you, then you will be equipped to counsel God’s people. Your most useful tool will be your Bible; and your success as a counselor will increase in proportion to how well you give and teach the counselees to seek and implement God’s answers to their problems.

*Dr. VBK - Ogden, UT - 8/17/98*

## INSTRUCTIONS

### Attendance:

Required minimum Attendance per Lesson is 3 weeks.

- This is what you enter on your Begin and Finish Sign In and other forms.
- Some lessons will take more than 3 weeks.

(This requirement means that you must spend at least 3 hours, minimum 1 hour per week for 3 weeks, studying each lesson. This is the minimum of study time required per lesson. You will be asked in the lesson tests if you have met this requirement.)

Required minimum Attendance for the course is 20 weeks.

This is what you enter on your Begin and Finish Sign In and other forms.

### Study Instructions:

1. Open the text book on your computer screen.
2. Open the workbook on your computer screen.
  - You can study the textbook and the workbook side by side on your screen by shrinking each one so you can view them both at the same time.
  - There are blanks in the workbook which you cannot fill in on the online workbook.  
You have two choices:
    - a. You can fill in the blanks on a sheet of paper while you study the workbook and textbook.
    - b. Or you can print the workbook and fill in the blanks on the printed copy.
3. At the end of each section is a test button that you will click to return to the course main page and take the corresponding Lesson test.  
The Lesson tests are listed on the course main page.
4. You must read every scripture referenced in the textbook and in the workbook in your KJV.  
Reading the scriptures quoted in the textbook is not sufficient to meet this requirement. To meet the requirement you must look up and read, in your KJV, every scripture referenced in the textbook and the workbook.

All lesson tests in this course are closed book unless otherwise indicated.

You must submit a Closed Book Test Contract form in order to receive the Password for each test.

# The Counselor



**“Selfishness kills compassion.”**

-Dr. Lee Roberson

# Wisdom



According to Dr. Owens, “Wisdom is the ability to see life through the eyes of \_\_\_\_\_.”

(“Ref.” means the Scripture reference.)

1. How often should a counselor seek wisdom? \_\_\_\_\_ Ref. \_\_\_\_\_

2. Give me two sources from which wisdom can be obtained.

\_\_\_\_\_ Ref. \_\_\_\_\_

\_\_\_\_\_ Ref. \_\_\_\_\_

3. What are four ways that we should consciously seek God’s wisdom.

A. \_\_\_\_\_ Ref. \_\_\_\_\_

B. \_\_\_\_\_ Ref. \_\_\_\_\_

C. \_\_\_\_\_ Ref. \_\_\_\_\_

D. \_\_\_\_\_ Ref. \_\_\_\_\_

4. Give me 10 ways by which we can know if we have God’s wisdom.

A. \_\_\_\_\_ Ref. \_\_\_\_\_

B. \_\_\_\_\_ Ref. \_\_\_\_\_

C. \_\_\_\_\_ Ref. \_\_\_\_\_

D. \_\_\_\_\_ Ref. \_\_\_\_\_

E. \_\_\_\_\_ Ref. \_\_\_\_\_

F. \_\_\_\_\_ Ref. \_\_\_\_\_

G. \_\_\_\_\_ Ref. \_\_\_\_\_

H. \_\_\_\_\_ Ref. \_\_\_\_\_

I. \_\_\_\_\_ Ref. \_\_\_\_\_

J. \_\_\_\_\_ Ref. \_\_\_\_\_



# Counseling



## Its Importance.

***Counseling should be done properly.***

When people receive counsel from you they should feel as if it came straight from God. The only way they can be assured of that is if the counselor reads and rereads His book.

***One of the best examples of a Bible counselor was \_\_\_\_\_.***

***Everyone should have a cabinet of counselors.***

Name 7 people that should be on every persons cabinet of counselors.

- |          |            |
|----------|------------|
| A. _____ | Ref. _____ |
| B. _____ | Ref. _____ |
| C. _____ | Ref. _____ |
| D. _____ | Ref. _____ |
| E. _____ | Ref. _____ |
| F. _____ | Ref. _____ |
| G. _____ | Ref. _____ |

***Bad counsel brings \_\_\_\_\_ Ref. \_\_\_\_\_***

***We are not to counsel with a \_\_\_\_\_ or \_\_\_\_\_ person.***

Four refs. \_\_\_\_\_

***Give me four references that show that a person's own counsel alone will \_\_\_\_\_ suffice.***

\_\_\_\_\_

The pastor is supposed to be capable of counseling. He is supposed to make sure he is educated enough to counsel wisely; therefore, he should be well-educated in the \_\_\_\_\_

# Counseling



## The Counselor Preparing Himself To Counsel God's People

Dr. Evans gives 20 ways that counselors can prepare themselves to counsel God's people.

1. *Every counselor needs to seek counsel for \_\_\_\_\_.* Ref. \_\_\_\_\_  
Because he will remember to use it later to counsel others.
2. *Every counselor needs to constantly beg God for \_\_\_\_\_.* Ref. \_\_\_\_\_
3. *Every counselor should go \_\_\_\_\_.* Ref. \_\_\_\_\_
4. *Every counselor needs to read and be knowledgeable about \_\_\_\_\_ Subjects.*  
Give me books every counselor should be familiar with: Ref. \_\_\_\_\_
  - A. \_\_\_\_\_
  - B. \_\_\_\_\_
  - C. \_\_\_\_\_
  - D. \_\_\_\_\_
  - E. \_\_\_\_\_
  - F. \_\_\_\_\_
5. *Every counselor should think about the person and his situation \_\_\_\_\_  
counseling with him.*
6. *Every counselor should pray for wisdom \_\_\_\_\_ every counseling session.*
7. *Every counselor should hear out the person \_\_\_\_\_ giving his counsel.*
8. *In two-party situations, listen to \_\_\_\_\_ sides before giving advice.* Ref. \_\_\_\_\_
9. *Every counselor needs to \_\_\_\_\_ to his people's needs.* Ref. \_\_\_\_\_

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**10. A counselor may often need to say, “May I talk to you \_\_\_\_\_ and \_\_\_\_\_.**

Immediately answer the simple questions with a simple answer.

**11. A wise counselor will use the \_\_\_\_\_.**

**12. A counselor should not schedule a requested appointment for the same day unless it is a \_\_\_\_\_.** Ref. \_\_\_\_\_

*In a marital disagreement wait \_\_\_\_\_ days to let the situation cool down.*

**13. Do \_\_\_\_\_ counsel someone who says they have already received Bible counsel from a good Christian authority.** Ref. \_\_\_\_\_

Counsel hopping will only confuse people.

**14. Every counselor should constantly claim wisdom.** Ref. \_\_\_\_\_

**15. Every counselor should prepare for counseling.**

Give the ways a counselor can prepare himself.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

**16. Prepare yourself to understand that you \_\_\_\_\_ solve a person’s problems without that person’s help.**

**17. Every counselor must prepare to weep.**

**18. Prepare yourself to be criticized for some of your principles.**

**19. Be prepared to walk alone.**

**20. Be prepared to be unprepared.**

No one has all of the answers. Be prepared for a new situation that you do not have an answer for; because it WILL COME. Tell the person you will pray about it and then seek advice from other counselors and, of course, from the Bible, as to how to properly resolve the person’s problem.

**Prepare daily- always be prepared.**

# Counseling



## The Counselor Personally Seeking Counsel

Everybody needs personal counseling at one time or another, even the counselor.

### Guidelines

1. *Never seek counsel from church members about \_\_\_\_\_.*
2. *It is acceptable to seek counsel from a church member about some \_\_\_\_\_.*
3. *Don't regularly seek counsel from the same person.*  
Have a cabinet of counselors. If you have only one counselor to go to then you will be paralyzed if that person is unavailable.
4. *Read biographies.* Ref. \_\_\_\_\_  
Absorb the character of great men; but not their doctrine as many of them have promoted false doctrine.  
Three ways to gain wisdom:
  - A. **Other wise men.** Ref. \_\_\_\_\_
  - B. **The hardships of life.** Ref. \_\_\_\_\_
  - C. **The Word of God.** Ref. \_\_\_\_\_
5. *A counselor cannot trust the confidentiality of \_\_\_\_\_ In the world.*  
Ref. \_\_\_\_\_
6. *Without divulging names, seek counsel from your children about how to counsel other children; and teens about teens.* Ref. \_\_\_\_\_
7. *Seek professional counsel only from someone more \_\_\_\_\_ in his same field of expertise.* Ref. \_\_\_\_\_
8. *Don't seek counsel from your wife unless it is in her field of expertise and you plan to \_\_\_\_\_ her advice.* Ref. \_\_\_\_\_
9. *Don't bring problems home to your wife.* Ref. \_\_\_\_\_  
She is a gift from God. Protect her and your home from outside burdens. Make your home your castle, your wife your queen, and you are the king. She was not built to carry the burdens that you can carry so don't bring them home to her.
10. *Do not share your burdens with anyone just to get \_\_\_\_\_.*

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Ref. \_\_\_\_\_ Take yours to God- let your people bring theirs to you.

**11. Don't let your burdens become \_\_\_\_\_ to the people.** Ref. \_\_\_\_\_

**12. Do not share \_\_\_\_\_ letters- publicly or privately.**

Ref. 1 \_\_\_\_\_ Ref. 2 \_\_\_\_\_

**13. The pastor should seek \_\_\_\_\_ concerning how to counsel difficult cases.**

Ref. \_\_\_\_\_

**14. Learn to counsel with yourself.** Ref. \_\_\_\_\_

**15. A counselor needs to learn to counsel \_\_\_\_\_ about depression.**

Keep a regular routine. There is security in rhythm- a regular schedule.

**16. Plan a time for \_\_\_\_\_.** Ref. \_\_\_\_\_

Not only for those you are counseling; but also for your own burdens.

**Remember- you need to seek counsel for yourself  
so that you will be better able to help others.**

# Counseling



## The Power of the Holy Spirit

**Lk 4:18** The Spirit of the Lord [is] upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised

**Eph 5:18** And be not drunk with wine, wherein is excess; but be filled with the Spirit;

“Without the Holy Spirit’s guidance and fullness in his life, the counselor will fail at achieving the kind of success that God wants him to experience as a counselor. Therefore, a counselor should often ask God for His Holy Spirit’s power.

1. *God wants to pour our His \_\_\_\_\_ upon His man.* Ref. \_\_\_\_\_
2. *The anointing of the Holy Spirit \_\_\_\_\_ equips one for counseling or any task done for God.* Ref. \_\_\_\_\_
3. *Yield to the Spirit and the anointing will be made \_\_\_\_\_ to you.*  
Ref. \_\_\_\_\_ Ref. \_\_\_\_\_
4. *The power of the Holy Spirit is, in a sense, God making His \_\_\_\_\_ available to a person so that that person might do any task that He appoints him to do.*  
Ref. \_\_\_\_\_
5. *Being filled with the Spirit helps a counselor in his ministry of \_\_\_\_\_ people.*  
Ref. \_\_\_\_\_
6. *The Holy spirit will \_\_\_\_\_ lead the counselor contrary to the Word of God.*  
Ref. \_\_\_\_\_ Ref. \_\_\_\_\_
7. *Ask God that both yourself and the one you are counseling be \_\_\_\_\_ with the Spirit.* Ref. \_\_\_\_\_ Ref. \_\_\_\_\_ Ref. \_\_\_\_\_

8. *Realize that the freedom from the bondage of sin desired by the counselee may be found only through the guidance of the Holy Spirit.* Ref. \_\_\_\_\_
9. *The wise counselor will \_\_\_\_\_ beg God for the power of the Holy Spirit.*  
Ref. \_\_\_\_\_ Ref. \_\_\_\_\_

Because God is omniscient, He alone knows everything. Without the power of the Holy Spirit details will go unseen by the human eye; but with the help and direction of the Holy Spirit, you can lead people to more successful Christian lives.

# Counseling



## Character

I Ki 3:16-28 recounts the story of two harlots who were intelligent enough to seek counsel from a man of God.

In regards to his/her character, a person who seeks counsel will benefit in two ways:

1. He will receive direction for developing \_\_\_\_\_.
2. He will learn how **not** to \_\_\_\_\_.

### Principles to help the counselor to be open for counsel.

1. *The counselor should not be guilty of never seeking \_\_\_\_\_.* Ref. \_\_\_\_\_  
Some Christians never seek counsel for two main reasons:
  - A. He plans to counsel \_\_\_\_\_. This is not wise nor adequate.  
Ref. \_\_\_\_\_ Ref. \_\_\_\_\_
  - B. He feels that if he asks for help, his weaknesses will be revealed and held against him.  
In actuality the person who seeks and follows counsel is \_\_\_\_\_ qualified to lead than before he sought counsel.  
The only Person who needs no counsel is \_\_\_\_\_. Ref. \_\_\_\_\_
2. *A counselor should not be guilty of seeking \_\_\_\_\_ counsel.* Ref. \_\_\_\_\_  
Ref. \_\_\_\_\_ Ref. \_\_\_\_\_ Ref. \_\_\_\_\_ Ref. \_\_\_\_\_
3. *Seek counsel from a wise person as \_\_\_\_\_ as necessary.*  
Ref. \_\_\_\_\_ Ref. \_\_\_\_\_
4. *A person who has no character has no counsel to offer and will find few people who will \_\_\_\_\_ him.*
5. *A counselor with no character may have good sense and may talk a good talk, but he \_\_\_\_\_ walk a good walk.*
6. *Develop you own personal character for the sake of \_\_\_\_\_ and the \_\_\_\_\_ you plan to help.* Ref. \_\_\_\_\_

Proverbs 11:14a

“Where no counsel is, the people fall...”



# Counseling



## The Counselor's Office Decor, Manner, and Procedures

1. *Your office should be decorated in \_\_\_\_\_ taste and look \_\_\_\_\_.*  
Your wife or a professional decorator may be a good choice for help and counsel in this area.
2. *When possible, have \_\_\_\_\_ seating arrangements- formal and relaxed.*
3. *Have a comfortable waiting room.*
  - A. **Good \_\_\_\_\_ material.**  
A KJV Bible and other Christian literature.  
Do not have secular material such as sports magazines as it is impossible to regulate their contents.
  - B. **Promotional items.**  
Do not include old, dated material.
  - C. **A bowl of wrapped candy.**
  - D. **Little \_\_\_\_\_.**  
Mind teasers, etc.
  - E. **Comfortable seating.**
  - F. **Pictures or photographs.**
  - G. **Air-conditioning.**  
Also well heated for winter.
  - H. **Carpeting.**
4. *For an appointment with a businessperson.*  
Extra things can be done.
5. *Deal with professional people with extra care.*
  - A. **Start an appointment \_\_\_\_\_ on time.**
  - B. **Be interested in him as a \_\_\_\_\_.**
  - C. **A professional needs to know that you are a busy person just as he is.**  
If you are lazy as a pastor they will not be faithful to the church you pastor.
  - D. **Learn all you can about the professional person.**  
Know where his office is, the name of his business, maybe some of his business associates. You can use the information to make small talk.

**E. Don't schedule appointments with them on a \_\_\_\_\_ basis.**

They will eventually see the situation as careless.

**F. Ask him about family and business needs and if you can \_\_\_\_\_ for him.**

It may not be wise to witness to him the first time he is in your office, he may view you as a pushy salesperson.

**G. Make sure you have everything on hand needed for the appointment.**

Think through the appointment and prepare for it. He will look on you with disdain if you have to keep leaving to get paper, pencils, files, phone numbers, etc.

Use "\_\_\_\_\_ maintenance" instead of "\_\_\_\_\_ maintenance."

**H. Be careful to not be to \_\_\_\_\_ with the professional.**

Don't use humor as a "sales pitch," instead try to become their friend.

**I. When the appointment is finished escort him to the door and to his \_\_\_\_\_.**

**J. Let other people know who the business person is.**

Introduce him to your staff, etc.

**K. Write the person immediately.**

Thank them for coming to the appointment.

**L. Learn their \_\_\_\_\_ and use it during the conversation.**

**M. When shaking hands, shake hands like a \_\_\_\_\_.**

**6. Have good lighting in your office.**

**7. Have an openable window or air-conditioning to prevent \_\_\_\_\_.**

**8. Have a few conversation pieces in your office.**

These can be used for casual conversation to relax the counselee.

Suggested pieces:

**A. A family picture.**

**B. A picture of your wife.**

**C. Other pictures.**

Pictures of heroes, teams, seasonal scenes, etc.

**9. Have \_\_\_\_\_ available. Ref. \_\_\_\_\_**

**10. Choose carefully where to \_\_\_\_\_.**

Have two seating arrangements, one business and one relaxed. Start in the formal and then and then change to the informal- as need dictates.

**11. Choose carefully \_\_\_\_\_ to sit.**

Sit straight and tall. If you are a man, sit like one.

**12. Be careful about the \_\_\_\_\_ in the office.**

**13. Your desk should look used, but not \_\_\_\_\_.**

**14. Have a \_\_\_\_\_ visible at all times.**

It should be visible from wherever you sit so you can check the time without being obvious.

**15. Learn to stay on \_\_\_\_\_.**

**16. Have personal office supplies.**

**Suggestions:** Breath freshener, hair spray, dental supplies, an extra suit of clothing, lint brush, shoe polish, comb, fingernail clippers, antiperspirant, washcloth, soap and towel, shaving supplies.

# Counseling



## The Counselor's Wardrobe and Grooming

**I Cor 14:40**

**Let all things be done decently and in order.**

A counselor should show concern for his own wardrobe, as well as his personal grooming habits. "Your walk talks and your talk talks, but your walk talks louder than your talk talks." (Dr. Wendell Evans, president of Hyles-Anderson college.)

1. *To dress well is to represent \_\_\_\_\_ well.*
2. *Give much \_\_\_\_\_ to the planning and preparation of your wardrobe.*
3. *Ask God to help in this area.*  
\_\_\_\_\_ for your clothing.
4. *You do not need to spend large amounts of \_\_\_\_\_ to look nice.*  
Buy classic and basic clothing, i.e., clothing that will not go out of style, such as a basic black suit.
5. *If you are younger, wear suits as opposed to coordinates.*  
They will give you a look of maturity. Dark colors add a look of maturity.  
Dress conservatively.
6. *Be concerned about your attire.*  
Give me 6 articles you should include in a basic wardrobe.

_____	_____
_____	_____
_____	_____

7. *Be concerned about your personal hygiene.*  
Cleanliness is \_\_\_\_\_. *Give me five areas of concern:*

_____	_____
_____	_____
_____	_____

**8. *Be concerned about your accessories and how they complement your appearance.***

**Name five types of accessories to be concerned about:**

\_\_\_\_\_

\_\_\_\_\_

People watch the man of God, he is to be an example.

**II Cor 3:2 Ye are our epistle written in our hearts, known and read of all men:**

Our church members and our family want to be proud of us.

**Most of all, we represent a King, and we should look like royalty as His ambassadors.**

**II Cor 5:20 Now then we are ambassadors for Christ ...**

# Counseling



## Hope

**Ps 31:24**

**Be of good courage, and he shall strengthen  
your heart, all ye that hope in the LORD**

**Pr 13:12**

**Hope deferred maketh the heart sick: but  
[when] the desire cometh, [it is] a tree of life.**

**Ro 15:13**

**Now the God of hope fill you with all joy and  
peace in believing, that ye may abound in  
hope, through the power of the Holy Ghost**

You must give the counselee hope, that is what they came for. To be like God you must abound with hope.

- 1. Teach them that there is no problem so \_\_\_\_\_ in God's will that He cannot solve it.  
Ref. \_\_\_\_\_*
- 2. Tell them that God never \_\_\_\_\_ anyone.  
Ref. \_\_\_\_\_ Ref. \_\_\_\_\_ Ref. \_\_\_\_\_*
- 3. No matter what happens to the saved person here, they have a wonderful \_\_\_\_\_  
awaiting them. Ref. \_\_\_\_\_*
- 4. If they pray and get God \_\_\_\_\_ in their problems, He can work in a super -  
natural way. Ref. \_\_\_\_\_*
- 5. People sleep better if they are offered \_\_\_\_\_. Ref. \_\_\_\_\_*
- 6. Giving hope to another is an expression of \_\_\_\_\_. Ref. \_\_\_\_\_*
- 7. If you cannot find hope in one area of their life, seek to tell him of hope in another  
area of his life.*

**8. Any person who has the privilege to influence another should include an element of hope.**

Many avenues are available to teach about having hope- a desire accompanied by expectation.

- A. \_\_\_\_\_ should teach children to have hope.
- B. \_\_\_\_\_ should teach hope in class.
- C. \_\_\_\_\_ should preach and teach hope.
- D. A \_\_\_\_\_ should give his wife hope.
- E. A \_\_\_\_\_ should give here husband hope.
- F. The \_\_\_\_\_ should share hope with the lost.
- G. In counseling sessions, we should be sure to give the wonderful \_\_\_\_\_ of hope.

**9. If you personally have no person to offer you hope, claim it for yourself from God.**

All true hope comes from God and does not \_\_\_\_\_ human intervention.

Ref. \_\_\_\_\_

**10. Hope is a positive \_\_\_\_\_.**

We do not have to sorrow as others who have no hope of Heaven and no hope of spending eternity with Jesus. Ref. \_\_\_\_\_

**A wise counselor will help a person expect \_\_\_\_\_ things as a result of doing God's will for his life.**

# Counseling



## The Importance of Patience

Jas 1:4 "But let patience have [her] perfect work..."

**"Let the cup of your mind be filled with thought before emptying into your mouth to spit out a decision."**

1. *Gain an understanding of the Bible \_\_\_\_\_ of "mature."*

Mature means \_\_\_\_\_.

2. *Realize that time will mature decisions.*

3. *Realize time will make decisions for you.*

Ref. \_\_\_\_\_ Ref. \_\_\_\_\_

4. *Learn to request more \_\_\_\_\_ to make your decision.*

If you can't confidently make the decision- ask for more time.

5. *Exercise patience in decision making.*

These 11 "Be's" are areas for you to exercise extra caution in making decisions.

A. Be patient \_\_\_\_\_.

B. Be patient \_\_\_\_\_.

\_\_\_\_\_.

C. Be patient \_\_\_\_\_.

D. Be patient \_\_\_\_\_.

\_\_\_\_\_.

E. Be patient \_\_\_\_\_.

F. Be patient \_\_\_\_\_.

G. Be patient \_\_\_\_\_.

H. Be patient \_\_\_\_\_.

I. Be patient \_\_\_\_\_.

J. Be patient \_\_\_\_\_.

K. Be patient \_\_\_\_\_.

6. *Decide \_\_\_\_\_ what is right and then act upon it without \_\_\_\_\_ and with \_\_\_\_\_.*

Jas 5:11 \_\_\_\_\_  
\_\_\_\_\_



# Counseling



## Thoughts

**Pr 22:17**

**Bow down thine ear, and hear the words of the wise, and apply thine heart unto my knowledge.**

Give me 4 “thoughts” from this section that seem the most useful to you.

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
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3. \_\_\_\_\_  
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4. \_\_\_\_\_  
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