



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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CONTENTS

INTRODUCTION p. I

The Counselor

Wisdom p. 2

Counseling

- Its Importance** p. 3
- The Counselor Preparing Himself to Counsel God's People** p. 4
- The Counselor Personally Seeking Counsel** p. 6
- The Power of the Holy Spirit** p. 8
- Character** p. 10
- The Counselor's Office Decor, Manner, and Procedures** p. 11
- The Counselor's Wardrobe and Grooming** p. 14
- Hope** p. 16
- The Importance of Patience** p. 18
- Thoughts** p. 19

Counseling Guidelines

Counseling

- Different Types and Descriptions** p. 21
- Three Different Types of People Who Seek Counsel** p. 22
- Illustrations from the Bible** p. 23
- Guidelines** p. 24
- Being Fair To Other Preachers** p. 26
- Being Fair To the Person Seeking Counsel** p. 27
- Being Fair To People Other Than the Person Seeking Counsel** p. 30
- With Children** p. 31
- With Teenagers** p. 32
- How To Chose What Advice To Give** p. 35
- How To Rebuild A Life** p. 36

Counseling Topics

On Salvation	p. 40
Helping Those Who Are Bitter	p. 41
Forgiveness	p. 43
The One Who Is Contemplating Suicide	p. 44
Finances	p. 46
Helping a Person to Overcome Bad Habits	p. 51
Employment Opportunities and Job Changes	p. 52
Helping Others Learn How to Make Decisions	p. 54
The Discouraged	p. 56
General Principles I Never Change	p. 57

Counseling On Marriage

Before An Engagement	p. 60
During the Engagement	p. 61
Marriage	p. 63
Divorce	p. 66
The Death Of A Mate	p. 68
Necessary Separation for Married Couples	p. 70
Miscarriages	p. 72

Concordance of Bible Verses by Topic

pp. 75-
79

Marriage and the Relationship between the Husband and Wife, Mixed Marriages, Divorce, Training of One's Children, Adultery, The Work Ethic, Sexual Promiscuity and Immorality, Marriage and the Intimate Life, Lust and One's Evil Desires and Temptations, Alcohol, Drunkenness, or Drug Abuse, Sodomy, Comforting God's People, Children of Our Youth, Self-control and Character, Faith, Our Treatment of Others, Money and Our Giving, People Who Are Critical, Our Trials, Bitterness, Our Need for Forgiving Others, God's Forgiveness To Us, The Overcoming of Sin

ADDENDUM	p. 80
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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. _____

Christian Counseling

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 _____.*

Christian Counseling

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. _____

3. _____

4. _____

