

Ps 37:30-31 NLT
30 The godly offer good counsel;
they know what is right from wrong.
31 They fill their hearts with God's law,
so they will never slip from his path.

A Simple Model for Biblical Counseling

from Effective Biblical Counseling by Dr. Larry Crabb

- 1) Identify problem feelings - *reality*
- 2) Identify problem thinking - *sin*
- 3) Identify problem behaviors - *sin*
- 4) Clarify Biblical thinking - *wisdom*
- 5) Secure a commitment to obedience - *confession and repentance*
- 6) Plan and carry out Biblical behavior - *discipline*
- 7) Identify Spirit-controlled feelings - *blessing*

With this Biblical model every counseling need (except ones which involve *organic* problems) can be met by the caring members of the Body of Christ.

*Fred's "Holy Discontents:

1. the church not spending enough time to *disciple* people before it places them in leadership positions
2. the church using secular methods to address emotional problems