

The Keys to Developing Great Relationships

Lev 19:18 NIV

"Do not seek revenge or bear a grudge against one of your people, but love your neighbor as yourself. I am the LORD.

- Deep, rich, life-giving, "kingdom of God" kinds of human relationships (marriage, parenting, friendships, etc) are a function of:

#1 Good Role Models

#2 A Knowledge of God's Word

- In an absence of these two blessings children grow physically and intellectually, but never develop emotionally/spiritually. As adults these people find meaningful relationships nearly impossible.

*(*Children get along well with each other as long as they are having fun!)*

- In our culture Godly role models have been absent for nearly 70 years and the Bible and prayer have been totally eliminated from the education of most children since the early 1950's.
- If people are to learn the skills necessary to relate well to others, they will require others who have those skills to devote a great deal of time *living life* with them and *teaching* them the Word of God as it applies in their everyday lives.
- We call this process *discipleship* or *mentoring*.

1 Thess 2:7-8 NIV

but we were gentle among you, like a mother caring for her little children. We loved you so much that we were delighted to share with you not only the gospel of God but our lives as well, because you had become so dear to us.

A simple model for Biblical Counseling:

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

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.

In summary, people desperately need *love* and *significance*. Most personal problems result from a deficit in one or both of these needs. The Lord Jesus Christ is completely sufficient to fully meet both these needs. Biblical counseling seeks to help people more fully enter into the personal wealth that is theirs in Christ. *From Effective Biblical Counseling by Dr. Larry Crabb*

“Crabb’s chronic fascination with the unseen forces at work in people not only prompted him to earn a PhD. in clinical psychology, but also eventually drove him into spiritual direction --- deeper yet into the human soul. He turned his back on diagnostic counseling methods in order to care for people’s souls in an unpredictable, unprofessional, fickle, and, in his opinion, most useful context: *caring relationships*.

He now believes that there’s no better psychotherapy than friendships fashioned after the everlasting friendship between Father, Son, and the Holy Spirit. *From Larry Crabb interview in Christianity Today, May 2003*

