

1 Dear brothers and sisters, if another Christian is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path. And be careful not to fall into the same temptation yourself. 2 Share each other's troubles and problems, and in this way obey the law of Christ. 3 If you think you are too important to help someone in need, you are only fooling yourself. You are really a nobody. Gal 6:1-3 NLT

Thoughts for the Harvest Church/CLDI "Fire Department"

From Effective Biblical Counseling By Dr. Larry Crabb

1. Every Christian is called to a ministry of encouraging and helping others, especially those in the household of faith.
 2. Self & self-centeredness are the most prevalent & despicable factors inhibiting the growth of the church. (Phil 2:21)
 3. Effective counseling requires both *a caring relationship* and *an understanding of human functioning*.
 4. The goal of all true counseling is to free people to better worship and serve God by helping them become more like the Lord. In a word: the goal is "maturity." Maturity involves 2 elements: 1) immediate obedience in specific situations and 2) long-range character growth
 5. A system where "human interest, values, and dignity predominate" is unashamedly a man-centered system with no room for the holy direction of an objective and personal God.
 6. People have one basic personal need which requires two kinds of input for its satisfaction. The most basic need is a sense of *personal worth*, an acceptance of oneself as a whole, real person. The two required inputs are *significance* (purpose, importance, adequacy for a job, meaningfulness, impact) and *security* (love - unconditional and consistently expressed; permanent acceptance). Before the Fall Adam and Eve were both significant and secure. From the moment of their creation their needs were fully met in a relationship with God unmarred by sin. Significance and security were attributes or qualities already resident within their personalities, so they never gave them a second thought. When sin ended their innocence and broke their relationship with God, what formerly were attributes now became needs.
 7. Experience suggests that although men and women need both kinds of input, for men the *primary* route to personal worth is significance and for women the *primary* route is security. *Significance* depends upon an understanding of who I am in Christ. **I will come to feel significant as I have an eternal impact on people around me by ministering to them. Security depends on me understanding that God has seen me at my worst and still loved me to the point of giving His life for me.** My acceptability to God depends only on Jesus' acceptability to God and on the fact that Jesus' death was counted as full payment for my sins. Life has neither *purpose* nor *unconditional love* apart from the Lord. People then develop *alternative strategies for learning to feel as worthwhile as they can*.
 8. Wrong *patterns* of living develop from wrong *philosophies* of living. ("Stinkin thinkin" - Prov 23:7)
 9. Freud concluded that the two basic drives behind human behavior are *power* (*thantos* - death) and *pleasure* (*eros* - hedonistic gratification). *Sadomasochism* seems to combine the ultimate in degenerate significance and security: total violent power over another person (*sadism*) and absolute, unresisting, submission to another (*masochism*).
 10. *Hell* will be a place where the needs for significance and security will be acutely felt but forever unmet.
 11. Abraham Maslow's classical need hierarchy suggest that human beings have 5 basic needs: 1. Physical (food, water, etc.) 2. Security (physical security; some reasonable confidence that physical needs will be met tomorrow) 3. Love (what Crabb calls security) 4. Purpose (what Crabb calls significance) 5. Self-actualization (development of myself into a full, creative, self-expressing person)
 12. **Fred's Variation: It is easiest for me to utilize the following formula for describing the 3 basic needs of human kind:**
PERSONAL WORTH = 1. Physical Security (food, water, clothing, shelter, and protection) + 2. Unconditional love (this includes forgiveness) + 3. Significance (purpose).
- God promises to meet all 3 of these needs: Matt 6:33-34; Phil 4:6,19; Rom 8:35,39; Rom 8:5; Phil 1:21; Eph 2:10; Ps103:4**

13. Biblical counselors must differentiate between *needs* and *wants*. I may want approval, money, fame, recognition, a good marriage, improved looks, etc. but what I need is *unconditional love*.

14. *Carnal (bad) behavior* is essentially a problem of wrong beliefs. If we want to help a person change their *behavior*, we need first to help them change their *beliefs* ("lie replacement therapy" aka sanctification aka discipleship aka Biblical counseling). Wherever the Bible speaks, it speaks with infallible authority.

15. *Motivation* can be best understood as an energy to do something which the person believes will lead to *need gratification*. The false world system and the devil encourage our sin nature to meet our personal needs with things that can never satisfy. Alcoholism, compulsive spending, overeating, workaholism, pornography, etc. are designed to anesthetize or compensate for the emotional pain of feeling worthless.

16. Our flesh (that innate disposition to oppose God) has responded happily to the world's false teaching that we are sufficient to ourselves, that we can figure out a way to achieve true personal worth and social harmony without kneeling first at the cross of Christ. Satan has encouraged the development of a belief that we can meet our needs if only we had _____. The blank is filled in differently depending on one's particular temperament and family and cultural background. An unbelieving world system, energized by Satan and appealing to our fleshly natures, has squeezed us into the mold assuming that something other than God offers personal reality and fulfillment. (Rom 12:1&2)

17. Freud and Skinner both taught that *what happens* to a person is responsible for his problems. In truth how a person *perceives* what happens to him effects his emotional and behavioral reaction.

18. As Biblical counselors a large part of our job is to help the person examine his "assumptive system." *Most* people resist unpleasant revelations about themselves. Nothing is easier than self deception. Consequently we must remember the importance of *relationship* (friendship) in counseling. Only in an atmosphere of safety will a person openly look at himself and consider changing his beliefs which for years have determined his route to personal worth.

19. Christ taught that when we know the truth, we can be set free. We are free to choose the life of obedience because we understand that in Christ we now are worthwhile persons. We are free to express our gratitude in the worship and service of the One who has met our needs. Apart from the clear exercise of the will, there will be no consistent obedience. As the Christian continues to choose the path of righteousness, his capacity for right choices in the face of adversity and temptation enlarges. He becomes a stronger Christian, one whom God can trust with greater responsibilities.

20. *Anxiety, resentment, and guilt* are the basic problem conditions behind all other personal difficulties.

21. The Holy Spirit provides the resources for transformation through the normal mechanisms of human personality. The Spirit brings to the receptive mind the truth of Scripture particularly suited to the immediate circumstances. Thus Scripture memory and meditation may be the most expedient method of transforming one's beliefs (Ps 119:9 & 11).

22. The sins of the parents are passed on to the children (Ex 34:7) when they learn from their parents' example *false notions* about where to find unconditional love and significance.

23. Secular counselors attempt to help the client achieve whatever he feels will make him happy. Christian counselors are in the unique position of advising people to live in a way which may increase the burden of life.

24. Right behavior without right thinking produces a labored, pressured, effortful brand of Christian obedience. Right behavior springing from right thinking yields a joyful, natural desired obedience to the God who has made us a whole person ("Gratitude is the mother of all virtues" G.K. Chesterton).

25. 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

26. 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.

