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Basic Biblical Counseling Principles

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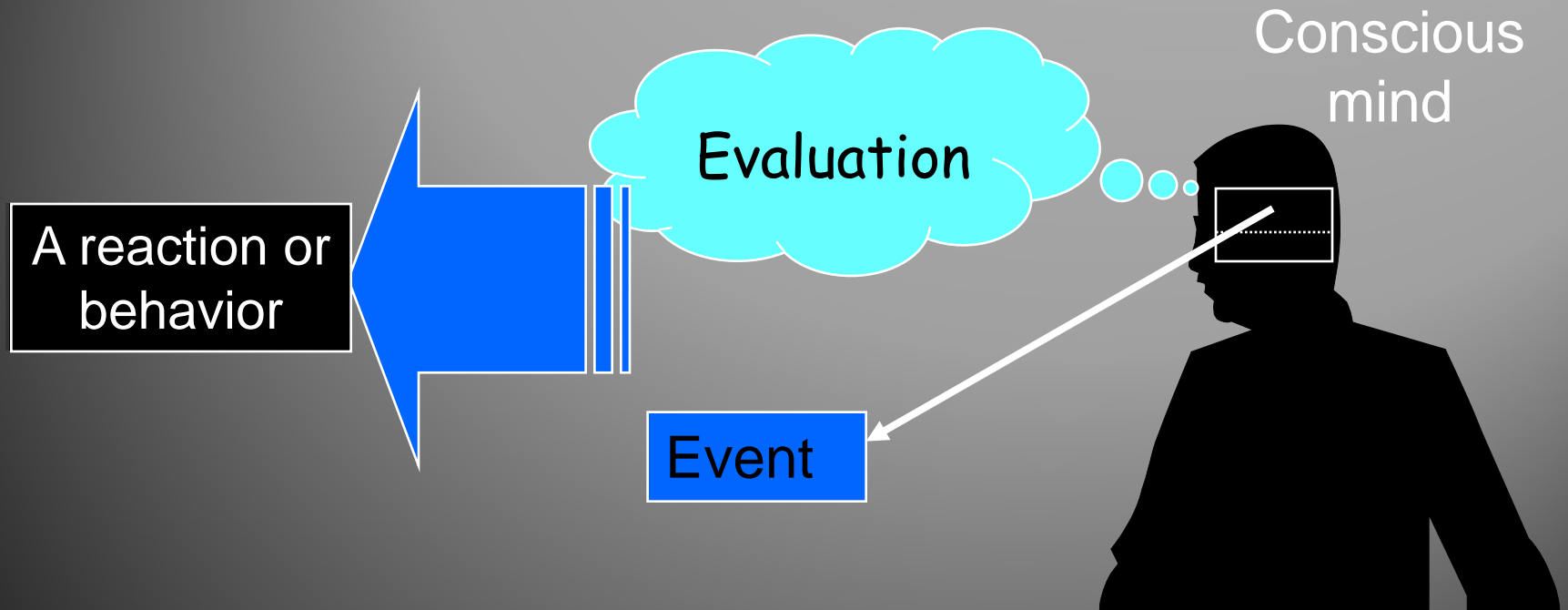
Understanding to be an effective counselor

Counseling is the application of wisdom to our personal problems. The primary source of wisdom is the Bible and the creative approaches to the application of its principles to lives.

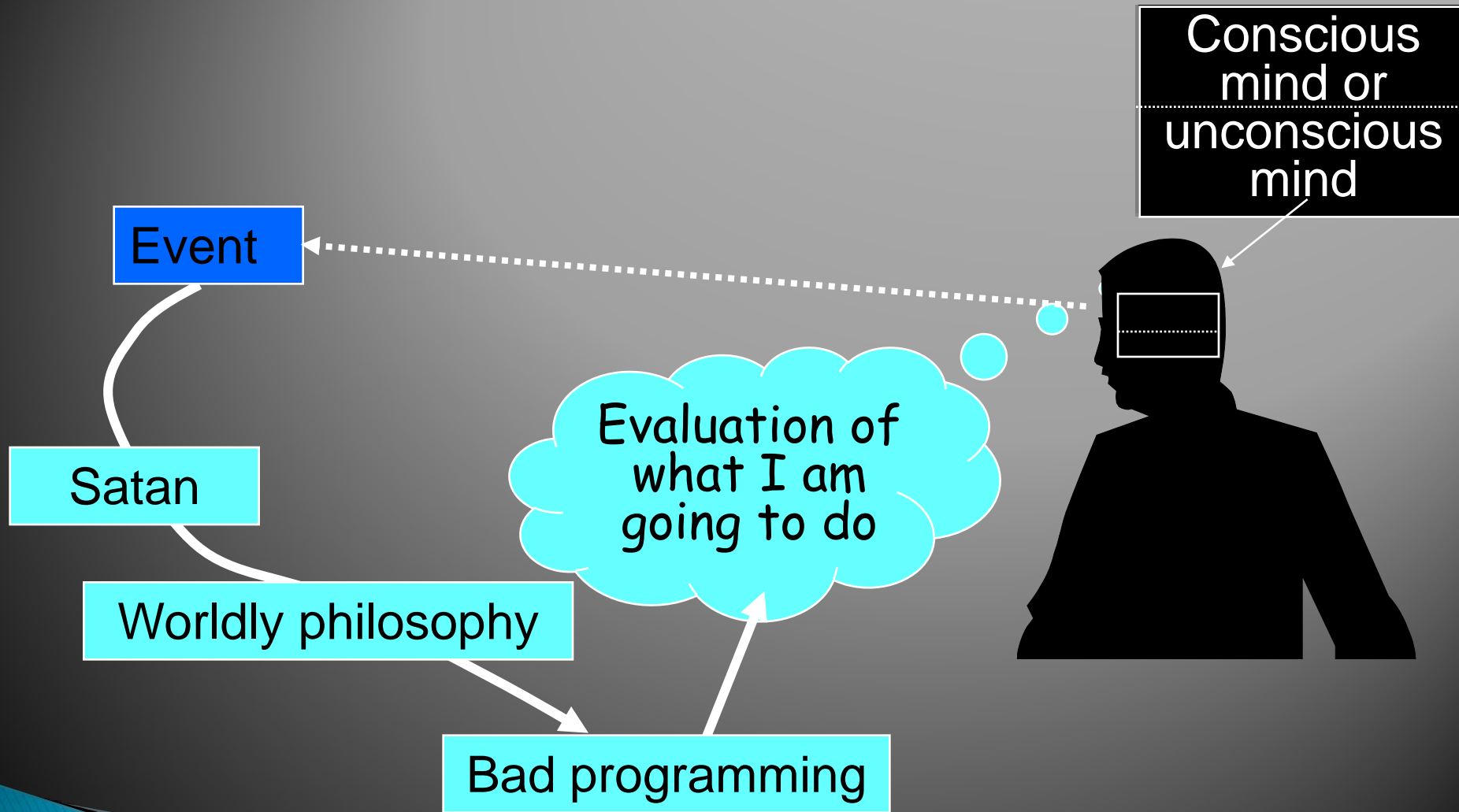
Hierarchy of Needs



Principles of how a person functions



The process of unconscious decisions



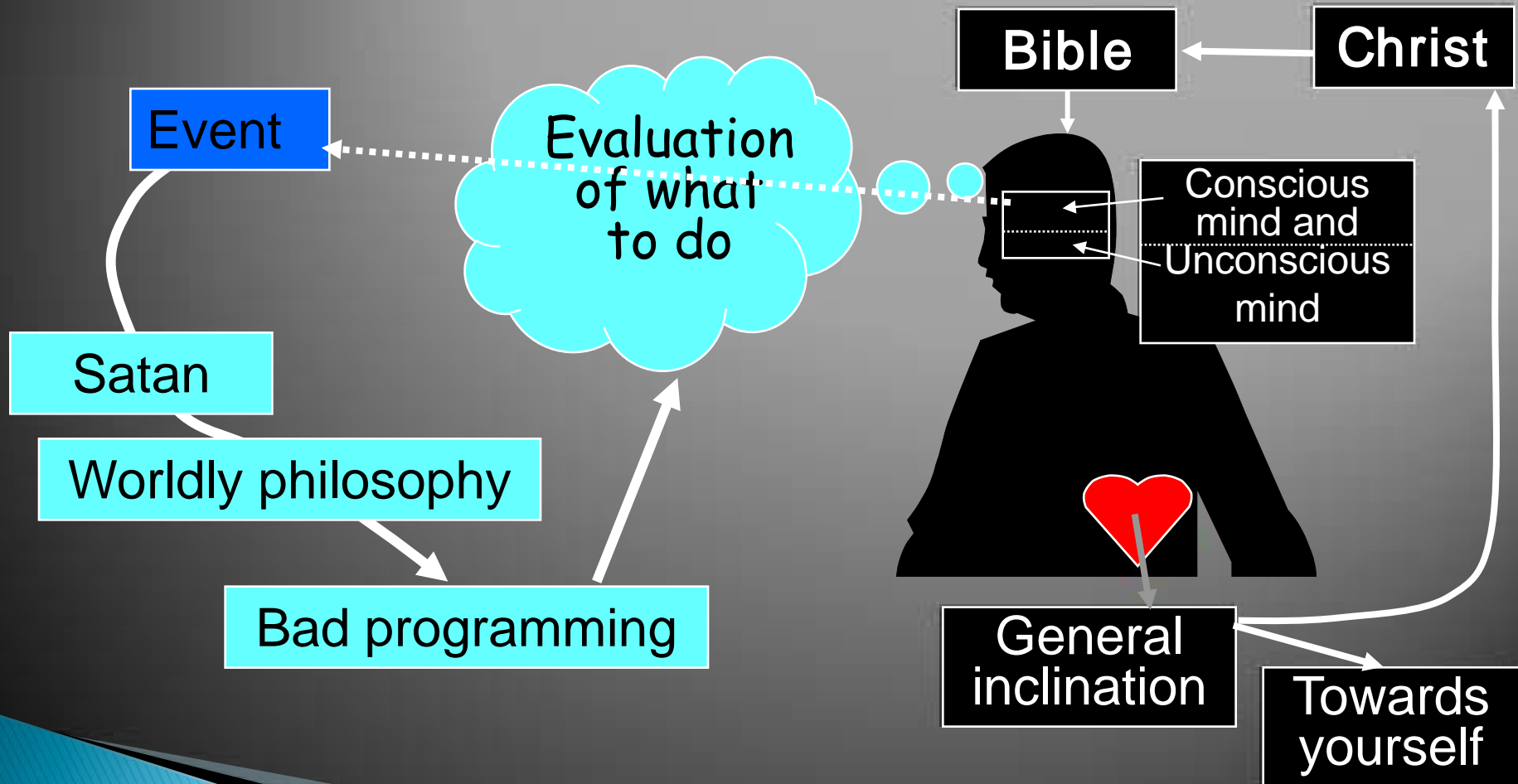
False ideas some insist in believing

- ▶ *I need to experience financial success in order to feel good*
- ▶ *I can't tolerate criticism because it makes me feel insecure and a failure. Everyone should approve everything I do.*
- ▶ *My security depends upon my spiritual maturity.*
- ▶ *I cannot be a failure if I am going to respect myself.*
- ▶ *I believe that my significance depends upon my developed talent, so I do whatever is necessary to accomplish it.*
- ▶ *If I still can't accomplish it, my incapacity will be a threat, so ...*
 - *I will duplicate my effort in practice*
 - *I will think of an excuse to cease practicing (accident, sickness). I will say, "I could have been a great _____, if it were not for _____"*
 - *I am retire from this activity or dedicate myself to another activity or retire from everything so I don't feel like a failure.*

Resistance to being honest with yourself

- ▶ An idea has been years in formation, and reinforced by experiences and observations.
- ▶ They are more than logical ideas, rather are affective (formed with emotions) and cognitive (formed through personal reasoning)
- ▶ The value of the relationship with the counselor and the confidence that he will not make me feel rejected are vital.
- ▶ Deceiving yourself is difficult to admit (denial) because of pride and self-esteem.

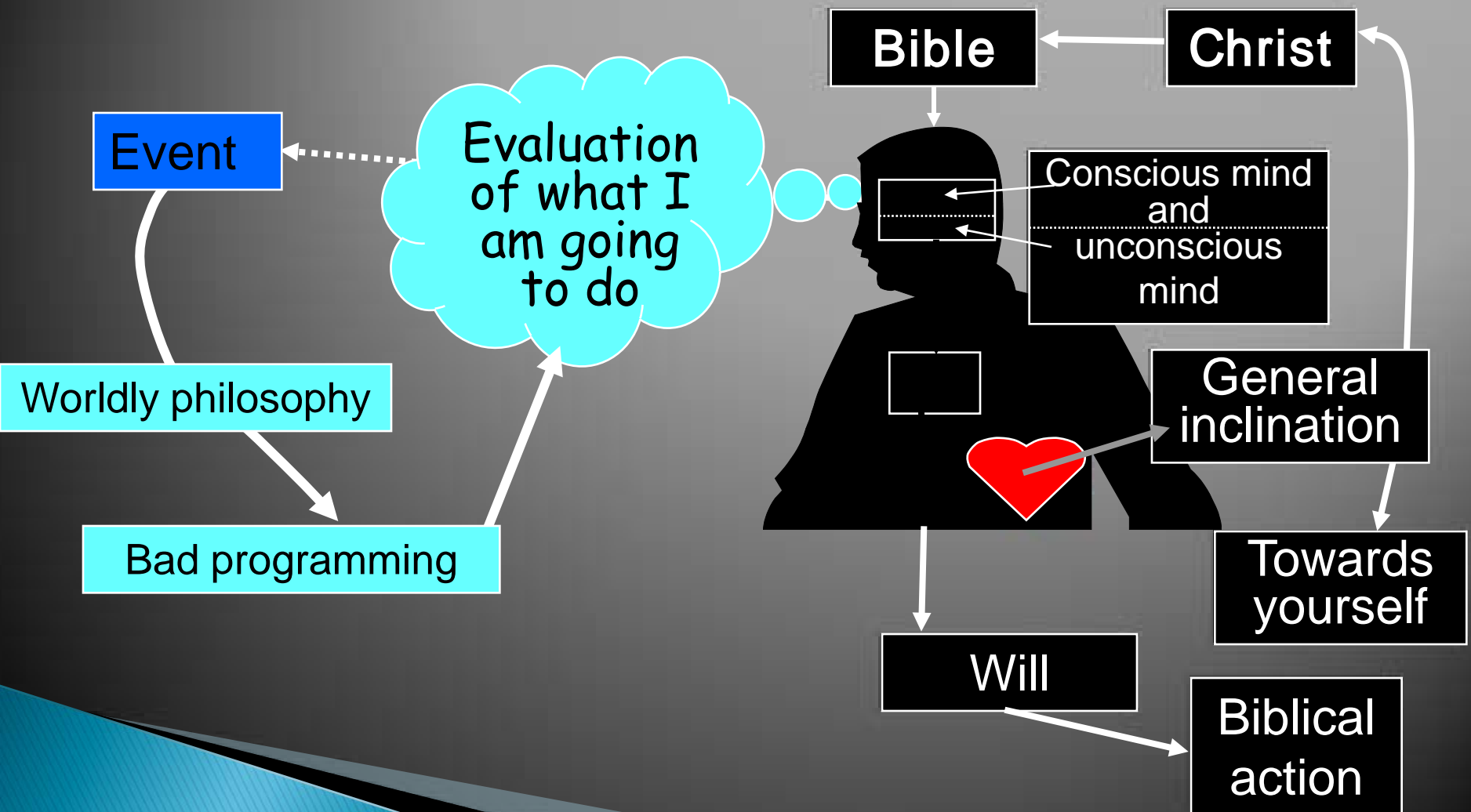
Influence of the Heart



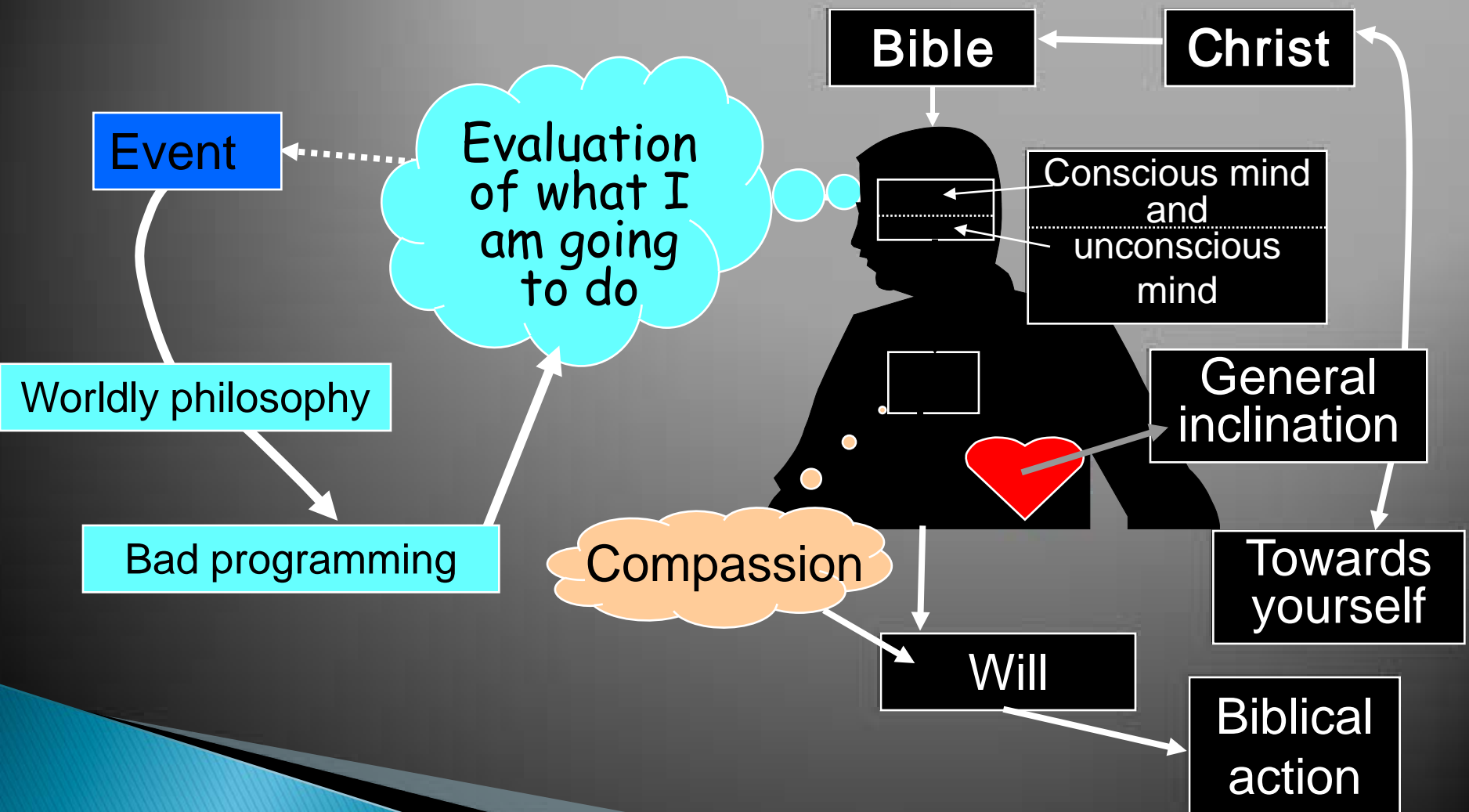
Response of a Biblical Heart

My security and significance as a person depend only upon my relationship with Christ. Although I don't enjoy feeling rejected now (etc.), my value as a person still has not been touched. My present experience is not a disaster to me personally. I know that God can make a good result from every circumstance; so , I will continue and will trust even more in Him, and I will try to respond Biblically without quitting (Fil 1:12-18)

Will of Man



Compassion, *inward affection*



Development of problems

Needs



Motivation

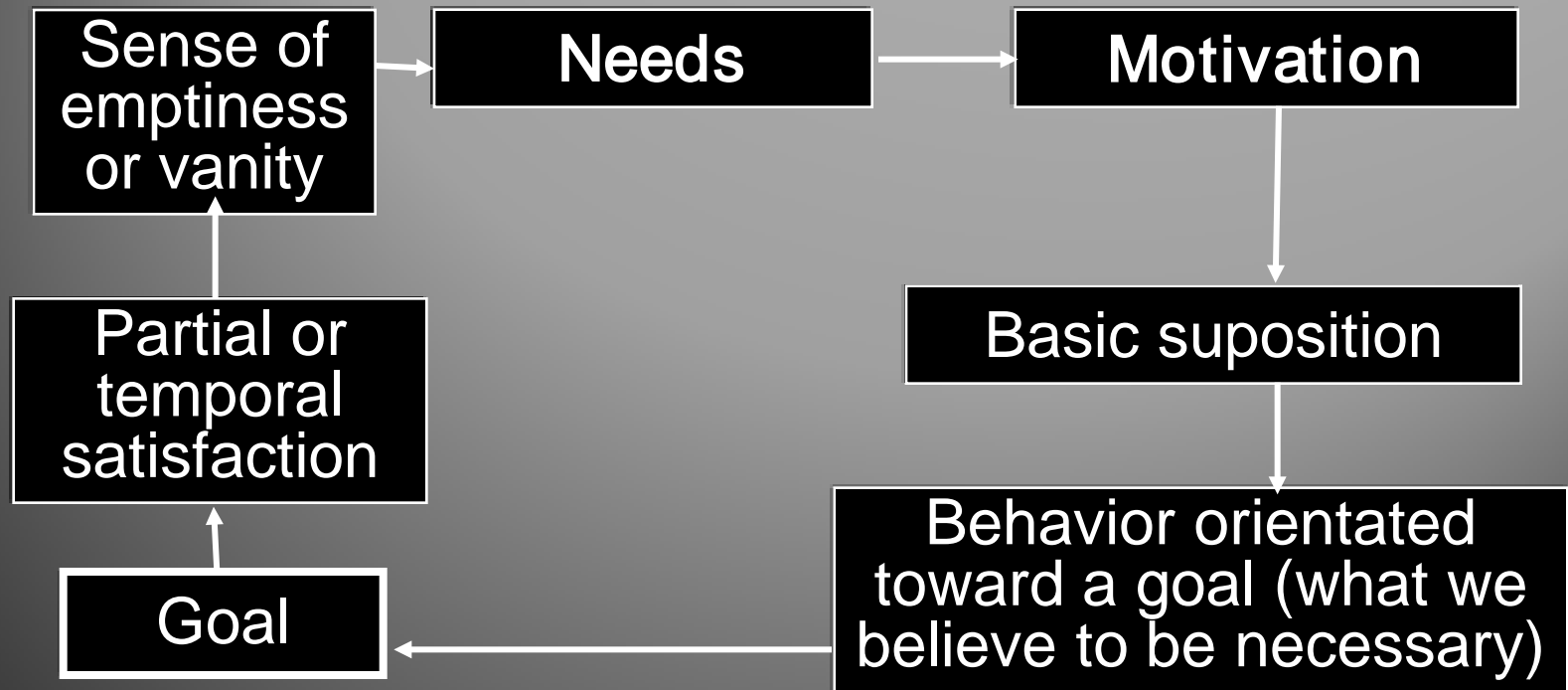
▶ ***I will be significant if ...***

- *I have money*
- *I'm the best or most distinguished*
- *I never make a mistake*
- *My children behave well*
- *I am included in important circles*

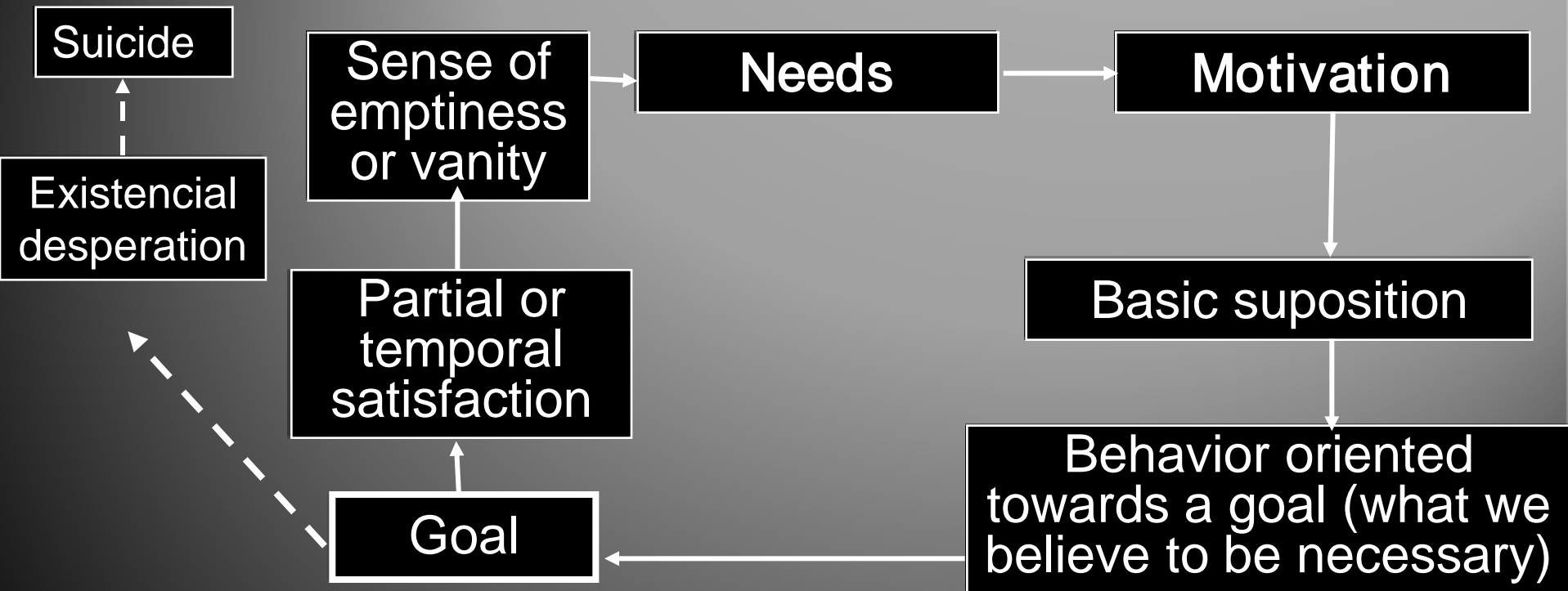
▶ ***I will be secure if ...***

- *I have a mate that loves me*
- *No one ever criticizes me*
- *Everyone accepts me*
- *My situation never changes and I continue secure in my business*

Continuation of the problem



Extrem consequences of problem



Manifestation of the problem

Needs

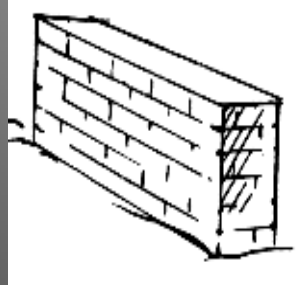
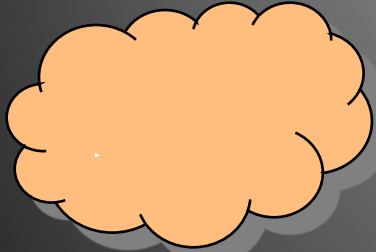
Motivation

Obstacle

Basis supositions

Behavior oriented
towards a goal (what we
believe to be necessary)

Frustration



Categories of frustration–reactions to problems of reaching goals

1. Unreachable goals – – – – – → Guilt
2. External circumstances – – → Resentment
3. Fear of failure – – – – – → Depression,
anxious