

Pastoral Counseling, 2021

Session 3

Pastor Sandra Haynes



“Comfort ye, comfort ye my people, saith your God” (Isa 40:1 KJV).

Key Scripture and Prayer

“Fear not, for I have redeemed you; I have called you by name, you are mine. When you pass through the waters I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you. For I am the Lord your God, the Holy one of Israel, your Savior” (Isa 43:1-3).

Instructional Overview

Big Ideas

- Counseling to bring about change focuses on feelings, thoughts, and behavior
- In counseling, we need to direct counselees to focus their thoughts on Christ-like thoughts
- Listening is one of the paramount qualities of a good counselor

Essential Questions

- How do Christian counselors help counselees deal with their distorted thoughts and inner conversations?
- Is self-talk the answer to changing patterns of thinking?
- What style of counseling did Jesus have?
- What can we learn from Jesus’ multirole ministry?

Learning Outcomes

- Students will analyze the impact of effective listening skills of a Christian counselor.
- Students will identify five steps of biblical counseling.
- Students will apply skills learned in mock counseling session.
- Students will examine the multi-roles of Jesus related to helping those in need.

BASIC ID Analysis**Part I Directions:**

- Students will work in pairs.
- Based on findings from Case Study C homework, students will complete the following analysis:

Behavior _____

Affect _____

Sensations _____

Images _____

Cognition _____

Interpersonal _____

Drugs _____

Spiritual _____

Part II Directions:

- Students will write five observations made about Carmen during her initial assessment.
- Discuss in groups.

1. _____

2. _____

3. _____

4. _____

5. _____

Part III Directions:

- Using your homework. Write five immediate goals you set for her.
- Discuss

1. _____

2. _____

3. _____

4. _____

5. _____

Notes:

Lecture

1. Building a relationship
2. Exploring the problems
3. Deciding on a course of action
4. Stimulating action
5. Terminating the counseling relationship

Directions:

Class will read Luke 24:13-31. Working in groups, teams will discuss how Jesus implemented these five steps while in the village of Emmaus. When groups reconvene, a reporter from each group will share their findings.

- Group one will read and discuss Luke 24:13-17.
- Group two will read and discuss Luke 24:18-24
- Group three will read Luke 24:25-31.

Lecture and Analysis

Directions:

- Teacher will discuss each Stage of Change.
 - Class will read John 4:6-26, 39-42 in groups.
 - Class will identify and analyze stage of the woman at the well.
1. This first stage, *precontemplation*, represents a state that precedes change. In the precontemplation stage, the individual sees no need for change and is not even contemplating it. “Denial” may be operating here – actively dismissing evidence of a problem or any need for change (or for repentance).
 2. The second stage, *contemplation*, is characterized by a greater openness to and even seeking of information and feedback about the problem in question. The individual begins to consider that there is a problem and to think about the possibility of doing something about it. During this stage his/her conflict become particularly apparent as the inconsistency of one’s thoughts, feelings, and behaviors is realized. The individual may, for example, gain increased knowledge about the dangerousness of his or her behavior and may come to believe (cognition) that it should be changed. Yet the behavior continues. The person’s feelings may now, in the contemplation stage, be a mixture of pleasure or comfort in the old behavior, and anxiety or depression about its recognized consequences.
 3. The third stage, *determination*, is a period difficult to specify. It is the period when a certain “critical load” of motivation is reached and the person comes to the determined decision that something has to be done.” It may be thought of as the tipping of the balance. During the contemplation stage, increasing weight is placed on the previously lighter side of the scales, the side favoring change. As the weights build up on this side, a moment is reached when the balance tips.

4. **Action** represents the fourth stage. During this period the individual takes action to bring about the desired shift in direction. In this stage we assume that the counselee is ready for the active change process.
5. **Maintenance** represents the fifth stage. Having made an initial change, the individual faces the challenge of maintaining it. With many types of human problems the more difficult endeavor is not making an initial change, but keeping it.
6. The final stage is **relapse or backsliding**. It is a reality of human nature that people slip back into old and less helpful ways of being from time to time. A complete view of change includes the possibility of backsliding and a plan for how to deal with it positively and constructively.

Stages of Change	General Goals of Stage
Precontemplation	Awareness, consciousness-raising, increase motivation for redirection
Contemplation	Facilitate choice to move in a new direction
Determination	Formulate problem, institute appropriate intervention which may include "referral"
Action	Bring about desired change in direction
Maintenance	Maintain new direction
Relapse/Backslide	Return to new direction

What Would Jesus Do?

The biblical view of counseling is a multi-varied one. Jesus related to people playing a variety of roles to meet the needs of the people. If we attempt to model our counseling after Jesus' example, then like Jesus we should utilize a variety of strategies.

Prophet
Priest
Lamb
Shepherd
King
Servant

Directions:

- In groups, students will indicate which role Jesus played in the following descriptions.
- Each pair will be assigned descriptions.
- Share with whole group.

Group 1 will answer questions 1-3:

1. What role did Jesus assume when he preached, taught, confronted and called for repentance?
2. What role did Jesus assume when He listened, forgave, mediated and called for confession?
3. What role did Jesus assume when He paraded, ruled, and called for the establishment of the kingdom?

Group 2 will answer questions 4-6:

4. What role did Jesus assume when He sacrificed, accepted ridicule and rejection, and called sinners to be healed?
5. What role did Jesus assume when He washed feet, served food, gave of Himself, and called for humility?
6. What role did Jesus assume when He fed His flock, nurtured, protected, and called the lost to be found.

Lecture

I. The purpose of His Ministry

- Luke 4:18
- Luke 12:20-21
- John 10:10
- John 3:8

II. His example for the counselor

Anointing

Luke 3:21-22; 5:17

Prayer

Luke 5:15-16;

6:12-13

Obedience

John 12:49; 17:4

Authority

Matt 7:29

Involvement with
Disciples and those
who care

Faith

Jesus' Technique – His Modeling for Us

Jesus spent time with people working through their problems in an in-depth way.

1. Compassion (Mark 1:41; 6:34; 8:2)
2. Acceptance (Luke 19; John 4, 8)
3. Worth to others (Mark 2:27; Luke 9:11)
4. Responsibility (Luke 5:24; 6:10; John 5)
5. Hope, encouragement, inspiration (Matt 11:28-30; Mark 10:26-27)
6. Redirected thinking (Matt 19:4-9; Luke 7:3-50)
7. Teaching others (Luke 6:39, 42; 14: 2-6; 20:28)
8. Admonishment and confrontation (Matt 8:26; 18:15)
9. Emphasis upon right behavior (Luke 6:47-49)
10. Example of John 17

- Homework
- Closing Prayer

Pastoral Counseling Homework, Spring 2021

Due April 22, 2021

Homework has three parts. Complete all three parts.

- A. The Nature of Pastoral Counseling Essay (500-600 words)
- B. Scripture Reflection
- C. Personal Reflection

Tips on reading and comprehending Scripture: To obtain the full benefit of scripture, you have to do more than read. You need to read, study, meditate, and pray on scripture. When you combine these four steps, your understanding will broaden and comprehension will deepen. Hence, God will bless you with fuller revelation into His Word. This in turn will bring you closer to God and will mature you in your walk in Christ.

These are the steps:

1. Pray and meditate on each verse. Let it sink into your heart and spirit.
2. Ask God for assistance in understanding. He will give you revelation.
3. Do a read through once, reread for meaning, and then once again for details.
4. Highlight key words.

Scripture Analysis

Each Bible verse will focus on God's omnipotence, omniscience, and what He says about bringing hope and healing to hurting people. You will have to do three things with each verse. First, read the verse. Second, summarize the verse. Third, write about how you think the verse directly applies to the course's content.

Part I: 500-600 Word Essay- Topic: The Nature of Pastoral Counseling.

Your essay should address the nature of pastoral Christian counseling. It should include the following:

- A definition of pastoral counseling
- Characteristics of a pastoral counselor
- Goals of pastoral counselor
- A biblical framework for counseling
- The importance of attentive listening in the counseling process

Part II: Scripture Analysis

After studying and analyzing the following scriptures, write a 250+ word paper with an emphasis on living your life with a new spirit. How will you minister to a counselee who wants to live in the past?

- Isa 43:18-19
- Isa 62:2
- Isa 65:17
- Ezek 11:19; 36:20
- Eph 4:23-24

Part III: Personal Reflections

Directions:

Reflect on your thoughts and feelings of what we have covered so far. Describe at least three items we have discussed in class that have made an impact on you, and at least three items from your readings this week that made you pause and think. How can you apply what we have covered in your everyday life or your ministry? Please use complete sentences in your description.

Class Reflection

1.

2.

3.

Scripture Reflections

Verse _____

Verse _____

Verse _____