

WOW – 10 February 2010
Biblical Counselling

“Riveting Truth to life”

“A word aptly spoken is like apples of gold in settings of silver” (Proverbs 25:11)

Thinking and listening well will help us understand people so that we can speak Bible truth that connects to them in a way that connects to them.

I. How we think

1. We're all sinners living in a fallen world

- i. Sin is everyone's greatest problem
- ii. We all need heart change even more than a change in our circumstances
- iii. I'm no different from you

2. There is a Redeemer – Titus 2:13-14

- i. Jesus has overcome our greatest problem.
- ii) Jesus' plan is to purify us
- iii) Jesus is purifying a people –we're in this together

II. How we listen

- i) Sufferer We listen with gentleness and compassion – seeking to identify with the person's experience as a sufferer.

ii) Sinner We listen with humble realism - we'll consider ourselves as the worst of sinners and not expect others to be any different.

ii) Saint We'll listen with patience – holding on the sure and certain hope of the gospel. The Lord promises to complete the work he's begun in us, which means that we won't give up on people, or feel that there's no hope for them.

III Listening Skills

The danger of making assumptions

The need to check understanding with good questions

Active Listening Skills

Open questions eg "Could you tell me about?" – opens up a subject, gets someone talking

Closed questions expect answer yes or no – narrows down; can be useful, but use carefully

Encouragers "Uh-huh", "right", "yes", nodding, repeating exact words that are important, "I see"

Paraphrasing "I think you're saying...", "Sounds like...", "looks like the situation is..." Giving feedback to the person with the essence of what has been said using your own words and the important main words from the person.

Summarizing Similar to paraphrasing, except it takes a longer time and more information is involved

Effective feedback

i) Feedback includes strengths – if negative feedback requested, give positive dimensions as well

ii) Feedback is most helpful when it's concrete and specific – don't make generalities, but make your feedback factual, specific and observable

iii) Corrective feedback should be relatively non-judgemental in tone. Stick to facts and specifics

iv) Feedback should be lean and precise. It does little good to suggest that a person change 15 things. Choose one to three things the person receiving the feedback actually might be able to work on.

Resources

Connecting truths of the gospel to the mess of life – “You can change”, Tim Chester
Growing in skill in helping others - “Instruments in the Redeemer’s Hands”, Paul David Tripp
Growing in skill in using Biblical passages to help others – “Cross Talk” – Mike Emlet

CCEF website: www.ccef.org See “Distance Education” for Counselling training.

Specific books as a guide to areas of struggle:

“Depression – A stubborn darkness”, Ed Welch

“Addictions – A banquet in the grave” Ed Welch

“Love to Eat, Hate to Eat”, Elyse Fitzpatrick

“Running Scared”, Ed Welch