

A Foundation and Framework for Christian Counselling

What is Christian counselling? What are foundational Biblical principles that help us to understand who we are, what has gone wrong, and who we are to become? How do these build a framework for helping people in pastoral care and counselling towards healing and health?

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Introduction

Foundational Questions

Major Themes of Counselling – Mostly in the Key of D

- I. Draw out their story
 - A. Explore

 - B. Listen

 - C. Context of story telling

 - D. Careful questions and reflections

- II. Discerning Dignity and Depravity

- III. Discern Damage and Disintegration
 - A. Exploring the Heart

 - B. Entering Grief and Groaning

 - C. Exposing Sinned against and Sinner

 - D. Embracing Saint, Sufferer, Sinner, and Significance

- IV. Delight in and Dream
 - A. Go for the glory

- B. What does God desire for this person?
 - C. Glory and ruin
- V. Disturb and Disrupt
- A. Thinking and feeling
 - B. Biological fallenness
 - C. Demonic influence
 - 1. Dropping depth charges – timely questions
- VI. Draw and Direct
- A. Towards...
 - B. Their story into His-story!
 - C. Away from idols to God

Suggested Readings:

When Life Goes Dark: Finding Hope in the Midst of Depression, Richard Winter, IVP 2012, Especially chapter 11.

The Healing Path, Dan Allender, Waterbrook Press, 2000.

Strategic Pastoral Counseling: A Short Term Structured Model, David Benner, Baker Academic, 2003