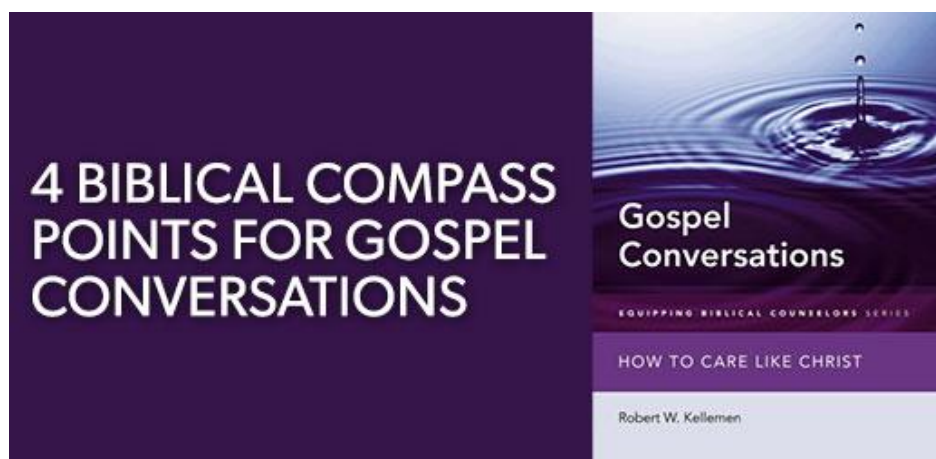


Gospel Conversations... Let's Talk Equipping the Church to Counsel

Session 3: 4 Biblical Compass Points for Biblical Counseling Part 1: *Parakaletic* Biblical Counseling for Suffering and Sanctification



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Presentation Focus

So, you and your church are now excited about one-another ministry through biblical counseling.
But what do we do after the hug? Where do we say after we pray?
What are we equipping people to do when we equip them for gospel-centered biblical counseling?
What does it look like to help hurting and hardened people—
all of us as saints who face suffering and struggle against sin?
In this session, we'll learn together a comprehensive, compassionate biblical and
church history approach to helping one another to face suffering face-to-face with Christ.

4 Biblical Compass Points for Biblical Counseling

Part 1: *Parakaletic* Biblical Counseling for Suffering and Sanctification

Introduction: How to Care Like Christ

- “What to Do After the Hug?” “What to Do After We Pray?”
- Helping Hurting People Can Feel Like a Maze
- We Need a GPS!: Gospel Positioning Story

Pastor Carl’s Story: Suffering, Sin, and Sanctification

- After listening to “Pastor Carl’s Story,” ponder the following questions:
 1. How would you minister to Pastor Carl in his suffering? How would you minister to Pastor Carl in his struggle against sin?
 2. What “map” or “process,” or “model would guide you as you helped Pastor Carl?

Our GPS: Scripture and Soul for Suffering and Sinning

- Pastoral care is defective unless it can deal thoroughly
both with the _____ we have _____
and with the _____ we have _____.

4 Biblical Compass Points for Biblical Counseling

Parakaletic Biblical Counseling for the Evils We Have Suffered “God Is Good Even When Life Is Bad”

Gospel Compass Point # 1: Sustaining—“*It’s Normal to Hurt*”

Gospel Compass Point # 2: Healing—“*It’s Possible to Hope*”

Nouthetic Biblical Counseling for the Sins We Have Committed “God Is Gracious Even When I Am Sinful”

Gospel Compass Point # 3: Reconciling—“*It’s Horrible to Sin, but Wonderful to Be Forgiven*”

Gospel Compass Point # 4: Guiding—“*It’s Supernatural to Mature*”

I. Gospel-Centered Comfort for Suffering and Sanctification

- **Comfort:** Co-Fortitude
- **Parakaletic:** Called along side to help by instilling courage
- **Suffering and Sanctification:** “*God is good even when life is bad.*”
- **Hope:** Finding God even when we can’t find relief.

A. Gospel Compass Point # 1: Sustaining—“*It’s Normal to Hurt*”

1. _____ with Gospel Ears to Their Earthly Story: 2 Corinthians 1:3-8
 - Do Not Be Ignorant of One Another’s Suffering: 2 Corinthians 1:3-8
2. _____ like Christ with Their Earthly Story: Hebrews 4:15
 - Sustaining Pictured: Climb in the _____!
 - Compassionate Commiseration: Romans 12:15
3. _____ Them with Christ’s Comfort in Their Earthly Story: Hebrews 4:15
 - People Need Our Christlike _____
 - Shared Sorrow Is _____ Sorrow: 2 Corinthians 1:3-8
4. _____ Their Earthly Story Incarnationally: Romans 9:2-3; John 1:14
 - _____ Suffering
5. Point Them to _____ in Their Earthly Story: 1 Peter 5:1-4
 - Jesus with _____ On
6. Engage in _____ Gospel Dialogues with Them: Matthew 18:20

So What? Maturing As a Gospel-Centered Comforter

1. Who has *sustained* you by helping you to sense that “*it’s normal to hurt*”? Who has “climbed in the casket” with you? How? How did it minister to you?
2. How could *you* use these 6 sustaining compass points to empathize with/comfort God’s people?
3. How can we equip God’s people to offer one another biblical counseling sustaining?

B. Gospel Compass Point # 2: Healing—*“It’s Possible to Hope”*

1. Stretch Them to the Larger _____ Story: 2 Corinthians 1:9-11
 - When Life Stinks, Our Perspective _____
 - _____ Christ Back Into the Picture
 - Ask: “What Is God Up To in This?” “How Is Christ at Work in Your Life in This?”
 - Healing Pictured: Celebrate the Empty _____

2. Stretch Them to _____ Story: Ephesians 3:14-21
 - Cling to Our Image of God’s _____ : Isaiah 40:10-11
 - Cling to Our Image of Who/Whose We Are in _____

3. Stretch Them to the _____ Story: Romans 8:17-39
 - Travel Together On the Road to _____
 - Weave in the Truth: We Are More Than _____!

4. Stretch Them to the _____ Story: 2 Kings 6:15-17
 - See Life with _____ Eyes

5. Stretch Them to the _____ Story: Engage in Healing Gospel Dialogues

So What? Maturing As a Gospel-Centered Encourager

1. Who has joined you in the *healing* process by helping you to sense “*it’s possible to hope*”? Who has “celebrated the resurrection with you” and stretched you to Christ? How? How did it minister to you?
2. How could *you* use these 5 healing compass points to encourage God’s people to see and live life from Christ’s resurrection perspective?
3. How can we equip God’s people to offer one another biblical counseling healing?