

DVD SERIES WORKBOOK

DISCIPLESHIP COUNSELING



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Best-Selling Author with over 4 Million Books in Print

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Dear Friends:

This workbook is designed to be used with the series, *Discipleship Counseling*. All of the *Discipleship Counseling* materials are intended for counselors, pastors, missionaries and lay leaders who want to help others find freedom in Christ.

This study seeks to establish a discipleship/counseling concept based on who we are in Christ. Our identity as children of God is essential for us to be able to live like children of God. If we are going to walk by faith, we must have the right belief system. It is my desire to see God's people free and living productive lives. Renewing our minds and resolving the emotional traumas of the past are essential for walking by faith.

Should you require more materials for discipleship training, visit www.freedominchrist.com or call our toll-free line (866.462.4747) for assistance. As of the latest printing of this workbook, we now offer online training courses to assist you in starting a Community Freedom Ministry (CFM) in your church or hometown. For more information about our online training or to find out what constitutes an active CFM, call our administrative office (865.342.4000).

May this discipleship training serve a tool to strengthen you and your ministry.



Dr. Neil T. Anderson

Contents

Biblical Integration	3
Theological Basis for Counseling in Christ.....	5
Sanctified in Christ	9
The Process of Growth	12
Brokenness: The Key to Effectiveness	14
Who is Responsible for What?.....	15
Counseling in Christ	16
The Truth Encounter	21

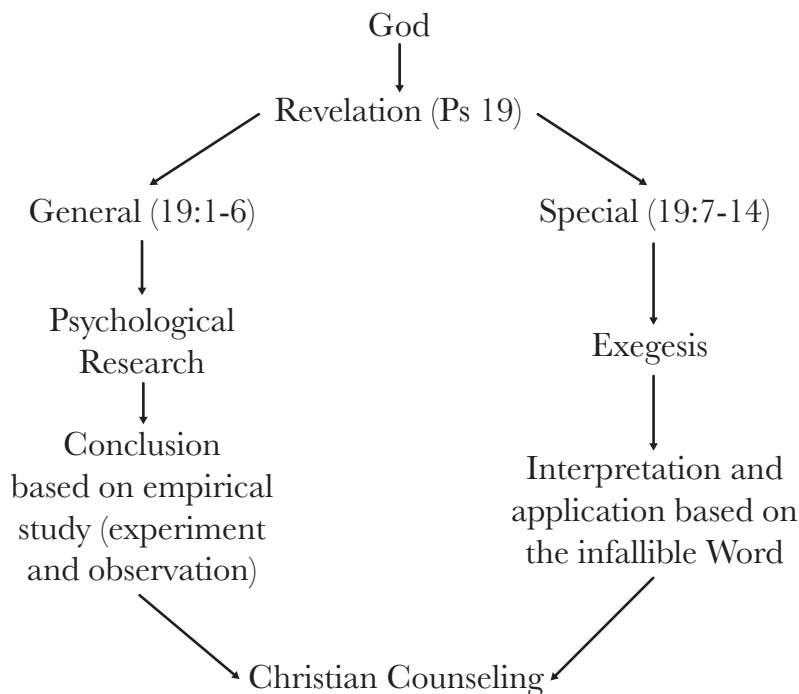
Biblical Integration

Lesson Objective: To understand the problems and potential of integrating the psychological and the spiritual as it relates to biblical counseling.

A. Basic Assumptions

1. Sufficiency of Scripture (2 Tm 3:16-17)
2. Finished work of Jesus (Col 1:27-2:10)
3. Present ministry of the Holy Spirit (Jn 16:7-15)
4. Faith response of the counselee (Gal 3:1-5)
5. Support of the Christian community (Heb 10:17-25)

B. Theory of Integration



Notes

God doesn't submit to our means of verification. The natural sciences are inadequate to fully explain matters of faith.

Four Critical Observations:

1. The Bible is authoritative; nature is illustrative.
2. Special revelation interprets and explains natural revelation.
3. The scientific method of investigation does not include the reality of the spiritual world by definition.
4. The rational process of verification is always interpreted through the grid of culture, education and personal experience.

C. Clarifying the Issues:

1. Mental health is typically defined as being:
 - a. In touch with reality
 - b. Relatively free from anxiety
2. Biblical, mental health begins with:
 - a. A true knowledge of God
 - b. A true knowledge of who we are as children of God
3. Psychological versus spiritual
 - a. Conflicts never lack a psychological base
 - b. Neither do conflicts lack a spiritual base
4. Christian counseling should be identified on the basis of:
 - a. Relevancy of the gospel
 - b. Biblical world view

Notes

Theological Basis for Discipleship Counseling

Lesson Objective: To define critical concepts and terms that relate to Christian psychology and outline a theology of counseling and discipling in Christ.

A. Identify God's eternal plan

B. Distinguish between Relationship and Living in Harmony

1. Relationship — a question of birth (blood related)
2. Living in harmony — a question of obedience

C. Consider who we are (1 Cor 15:45-49)

In Adam (1 Cor 15:22a)		In Christ (1 Cor 15:22b)
Old Man	By ancestry	New Man
Sin nature (Eph 2:1-3)	By nature	Partaker of Divine nature (2 Pt 1:4)
In the flesh (Rom 8:8)	By birth	In the Spirit (Rom 8:9)
Walk after the flesh	By choice	Walk after the Spirit (Gal 5:16) or after the flesh (Rom 8:12-13)

D. Definition of Terms

1. Nature
2. Old man (old self)
3. Flesh
4. Sin
5. New self (new man)
6. Identity in Christ

When we enter into life with Christ— whose life is eternally existent (Jn 1:1-4), both past and future— we are literally able to be united with Him in the likeness of His death and resurrection (Rom 6:3-6). Thus, the old man (self) is dead, crucified with Christ, and the new man (self) is alive in Christ. Christians are no longer “in Adam”; they are “in Christ.”

Notes

We are identified with Him:

- | | | |
|----|---------------------|--------------------------------|
| a. | in His death | Rom 6:3,6; Gal 2:20; Col 3:1-3 |
| b. | in His burial | Rom 6:4 |
| c. | in His resurrection | Rom 6:5,8,11 |
| d. | in His life | Rom 5:10-11 |
| e. | in His power | Eph 1:19-20 |
| f. | in His inheritance | Rom 8:16-17; Eph 1:11-12 |

E. Remember Basis for Identity is in the Image of God

	Pre-Fall Man	Post-Fall Man
Nature	Righteous	“By nature children of wrath” (Eph 2:3)
Rational	Truthful, right	“Darkened in their understanding” (Eph 4:18)
Spiritual	Alive	“Excluded from the life of God” (Eph 4:18)
Emotional	Safe, secure and free	“The hardness of their heart... having become callous” (Eph 4:18-19)
Volitional	Free to choose	“Given themselves over to sensuality, for the practice of every kind of impurity with greediness” (Eph 4:19)

F. Review The Biblical Goals of Pastoral Counseling

1. **Level 1:** In Him you have been made complete (Col 2:10).

Hindrances at this level of counseling include:

- | | |
|------------|---|
| Spiritual | Lack of salvation or assurance (1 Jn 5:11-13) |
| Rational | Darkened in their understanding (Eph 4:18) |
| Emotional | Fear (Mt 10:26-33) |
| Volitional | Rebellion (Mt 16:24) |
| Relational | Rejection (Rom 5:8; 15:7; 1 Pt 2:4) |

2. **Level 2:** Build them up in Christ (Col 2:7).

The foundation upon which the believer builds his life is grounded in three biblical assurances:

- a. The finished work of Christ (Col 2:14-15)
- b. The believer's union with Christ (Col 2:9,10,13)
- c. The present work of the Spirit of Christ (Col 2:6, 3:15).

Hindrances at this level of counseling include:

Spiritual	Walking by the flesh (Gal 5:19-21 [out of harmony with God])
Rational	Wrong belief or philosophy (Col 2:8 [wrong goal orientation])
Emotional	Anger (Eph 4:31), Anxiety (1 Pt 5:7), Depression (2 Cor 4:1-18)
Volitional	No self-control, compulsive (Gal 5:23 [being compelled, not choosing])
Relational	Unforgiveness (Col 3:13 [harboring bitterness])

3. **Level 3:** Walk in Him (Col 2:6)

Hindrances at this level include:

Spiritual	Insensitive to the Holy Spirit's leading (Rom 8:14)
Rational	Pride (1 Cor 8:1)
Emotional	Discouragement and sorrow (Gal 6:9)
Volitional	Undisciplined (2 Thes 3:7,11)
Relational	Selfishness (Phil 2:1-5; 1 Cor 10:24)

Notes

People who know who they are in Christ have established the essential foundation to be all that God wants them to be in Christ.

Notes

Discipling in Christ

Levels of Conflict

	Level 1	Level 2	Level 3
	Colossians 2:10 “... present every person complete IN Christ.”	Colossians 2:7 “...having been firmly rooted and now being built up IN Him.”	Colossians 2:6 “...have received Christ Jesus the Lord, so walk IN Him...”
Spiritual	Lack of salvation or assurance (Eph 2:1-3)	Walking according to the flesh (Gal 5:19-21)	Insensitive to the Holy Spirit’s leading (Heb 5:11-14)
Rational	Darkened in their understanding (Eph 4:18)	Wrong belief or philosophy of life (Col 2:8)	Pride (1 Cor 8:1)
Emotional	Fear (Mt 10:26-33)	Anger (Eph 4:31) Anxiety (1Pt 5:7) Depression (2 Cor 4:1-18)	Discouragement and sorrow (Gal 6:9)
Volitional	Rebellion (1 Tim 1:9)	Lack of self-control, compulsive (1 Cor 3:1-3)	Undisciplined (2 Thes 3:7, 11)
Relational	Rejection (Eph 2:1-3)	Unforgiveness (Col 3:13)	Selfishness (Phil 2:1-5; 1 Cor 10:24)

Discipling in Christ

Levels of Growth

	Level 1	Level 2	Level 3
	Colossians 2:10 “... present every person complete IN Christ.”	Colossians 2:7 “...having been firmly rooted and now being built up IN Him.”	Colossians 2:6 “...have received Christ Jesus the Lord, so walk IN Him...”
Spiritual	Child of God (1 Jn 3:1-3; 5:11-13)	Walking according to the Spirit (Gal 5:22-23)	Led by the Holy Spirit (Rom 8:14)
Rational	Renewed mind (Rom 12:2; Eph 4:23)	Handling accurately the Word of Truth (2 Tm 2:15)	Adequate, equipped for every good work (2 Tm 3:16-17)
Emotional	Free (Gal 5:1)	Joy, peace, patience (Gal 5:22)	Contentment (Phil 4:11)
Volitional	Submissive (Rom 13:1-2)	Self-Control (Gal 5:23)	Disciplines (1 Tm 4:7, 8)
Relational	Acceptance (Rom 5:8; 15:7)	Forgiveness (Eph 4:32)	Devoted to one another in brotherly love (Rom 12:10; Phil 2:1-5)

Sanctified in Christ

Lesson Objective: To understand how believers are sanctified in Christ.

A. The Process of Sanctification

1. Positional sanctification
2. Progressive sanctification
3. Illustrated



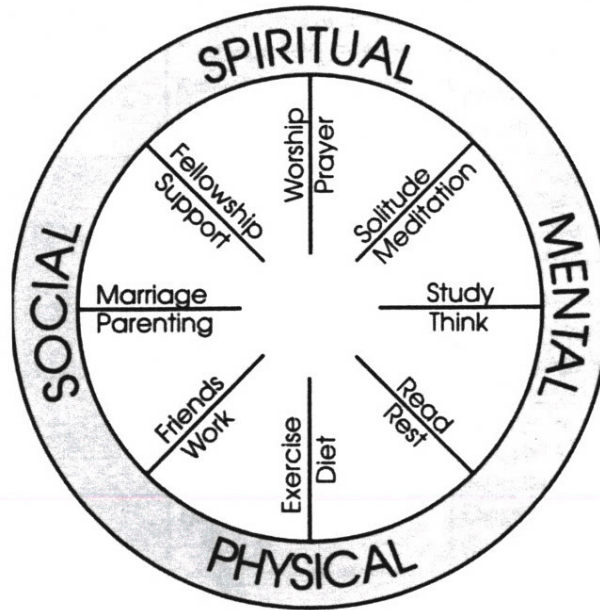
B. Growing in Christ (1 Jn 2:12-14)

1. Little children
2. Young men
3. Fathers

“For this reason I have sent to you Timothy, who is my beloved and faithful child in the Lord, and he will remind you of my ways which are in Christ, just as I teach everywhere in every church” (1 Cor 4:17).

Notes

C. Personal Disciplines (Lk 2:52)



1. Progressing from negative legalism to positive legalism is not enough.
2. Teaching external conformity without internal transformation leads to rebellion or burn-out.
3. We are saved and sanctified by how we believe, not by how we behave.
4. Illustration: The disintegration of the family



D. Church Disciplines

Notes



1. Confidence in programs and strategies can undermine our confidence in God.
2. Illustration: Church growth (Jn 15:1-8)



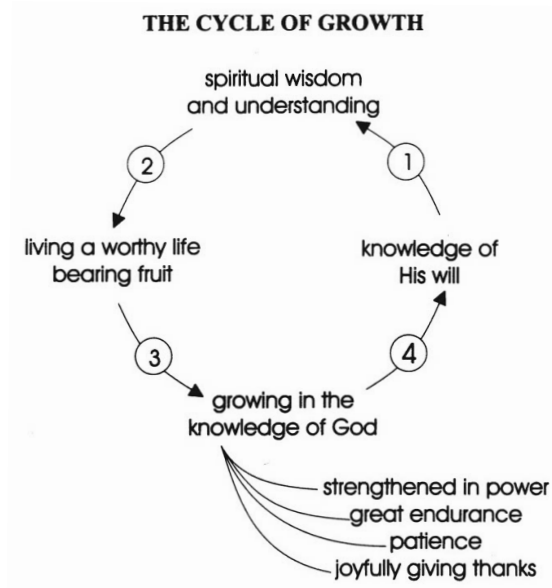
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The Process of Growth

Lesson Objective: To understand the nature of Christian growth as it relates to counseling so we can work with God in the process of renewal.

A. Understanding Christian Growth

1. Colossian cycle (Col 1:9-11)



2. Jourard Window (1 Cor 4:1-5)

Character diagram:

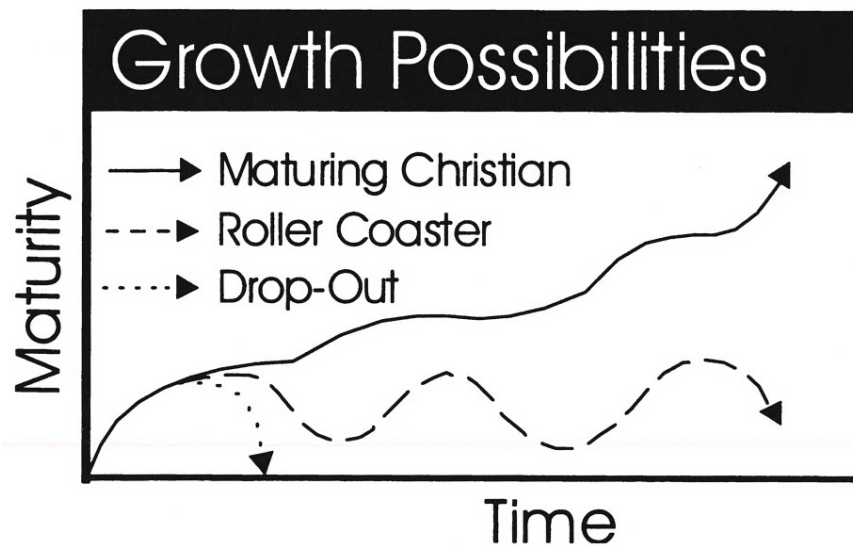
	You see	You don't see
I see		
I don't see		

a. God sees the whole picture.

b. God works primarily in our lives through committed relationships.

3. Understanding the growth process

Notes



a. Drop outs

b. Roller coaster Christians

They just got old!

The big one is coming!

Which do you prefer (1 Col 4:21)?

c. Maturing Christians

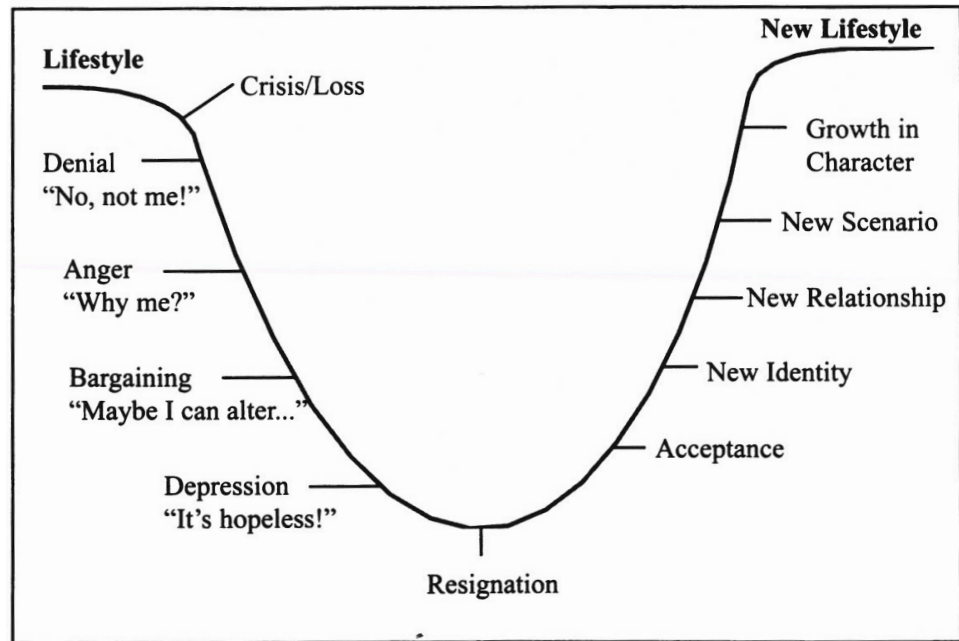
B. The banana versus onion effect:

Notes

Brokenness: The Key to Effectiveness

Lesson Objective: To understand the process of brokenness so we can be an instrument in God's hand to help others survive their crises or losses in their lives.

A. Understand The Crisis Cycle



B. Accept God's Ministry of Darkness (Is 50:10-11)

1. Keep on walking. Never doubt in darkness what God has clearly shown you in the light.
2. Don't create your own light.
3. Learn to rely on God. God will bring us to the end of our resources in order that we may discover His.

Who is Responsible for What?

Lesson Objective: To understand the role relationship and responsibilities of God, helper, and helpee, so we can be most effective in helping others.

A. The Sovereign Role of God (Mt 11:28-30)

1. He is the Wonderful Counselor (Is 9:6)
2. He is the Convictor of sins (Jn 16:8-11)
3. Apart from Christ, we can do nothing (Jn 15:5)

B. The Responsibility of the Helpee (Jas 5:13-16)

1. Initially they are to pray.
2. They must take the initiative and responsibility for their own attitudes and actions.
3. Conflict resolution through confession and repentance is a prerequisite for healing (see also 1 Cor 3:2-3)

C. The Responsibility of the Helper (2 Tm 2:24-26)

1. Preliminary considerations
2. Characteristics of the helper

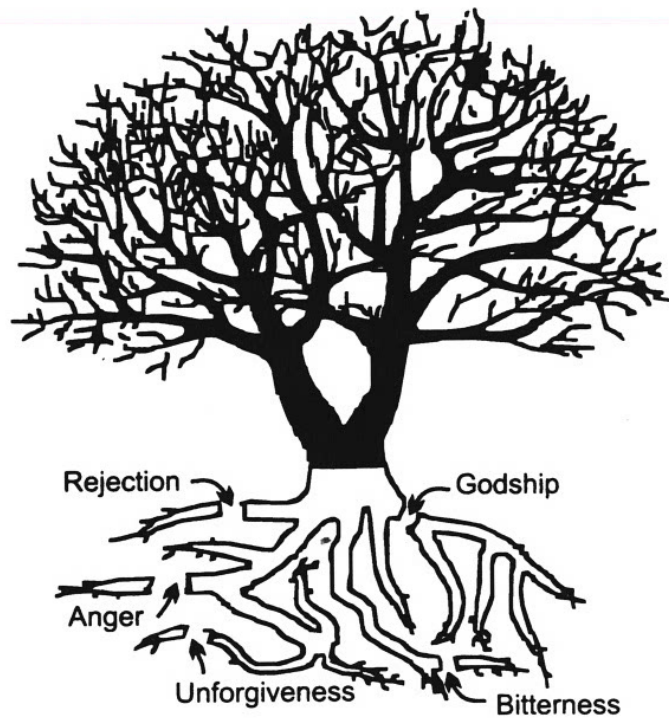
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Counseling in Christ

Lesson Objective: To understand general concepts of counseling in order to develop the skills necessary to help people.

A. Hearing the Story

If people are secure in their identity in Christ and mature in their character, then counseling will be at Level 3. This is basically wisdom counseling, applying sound biblical principles to the problems of life. Much pastoral counseling is done at this level, but more times than not, the problems are at Level 1 or 2.



Note: The tree illustrations are from David Ritzenthaler of Neus Leben International, used by permission.

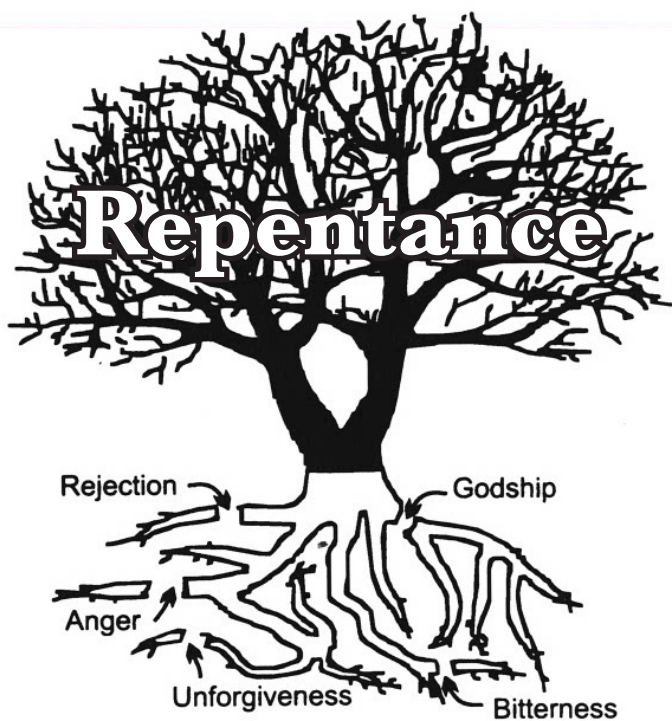
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1. The primary problem

a. Write in the space below the most well-kept secret of your life; i.e., the last thing you would want anybody to ever find out about you:

b. If you were going to share that with someone, what kind of a person would they have to be or not be, do or not do?

2. The primary prerequisite is mercy (Heb 4:14-16)



Notes

B. Defense Mechanisms (1 Jn 1:4-2:2)

1. **Denial of reality:** attempt to protect ourselves by refusing to perceive or face unpleasantness
 - a. **Avoidance**— a conscious refusal to deal with real issues
 - b. **Suppression**— a conscious denial where we internalize the problem and attempt to live as though it did not exist (Ps 32)
 - c. **Repression**— an unconscious denial
2. **Fantasy:** gratification of frustrated desires by imaginary achievements (2 Cor 10:5; 1 Pt 1:13)
3. **Identification:** increasing feelings of worth by identifying self with another person or institution of illustrious standing (1 Cor 3:4-5)
4. **Reaction formation:** preventing dangerous desires from being expressed by exaggerating opposed attitudes and types of behavior and using them as barriers (Rom 2:1 [e.g., really like pornography, but campaign against it]).
5. **Emotional insulation:** withdrawal into passivity to protect self from hurt (2 Cor 4:8-9; 12:9 [e.g., afraid to love; “I’ve been hurt before”]).

6. **Isolation:** failure to recognize the whole situation in order to live only the part that is good (Jn 4:16-19)

Notes

7. **Regression:** retreating to earlier developmental levels involving less mature responses (Jos 7:7)

8. **Displacement:** discharging “pent-up” feelings, usually of hostility, on objects less dangerous than those which aroused them

9. **Compensation:** covering up weaknesses by emphasizing desirable traits or making up for frustration in one area by over-gratification in another (Mt 19:16f)

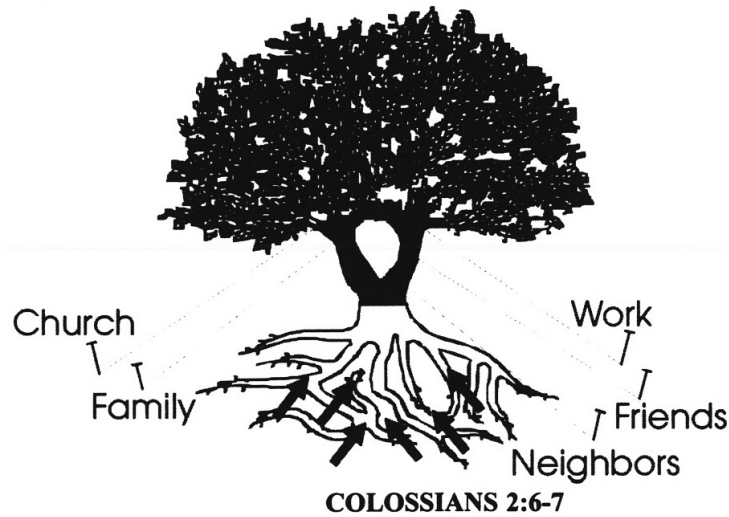
10. **Projection:** placing blame for difficulties on others or attributing one’s own unethical desires to others (Lk 10:38f)

11. **Rationalization:** attempting to prove that one’s behavior is rational, justifiable and worthy of self and social approval (Lk 18:10-14)

Notes

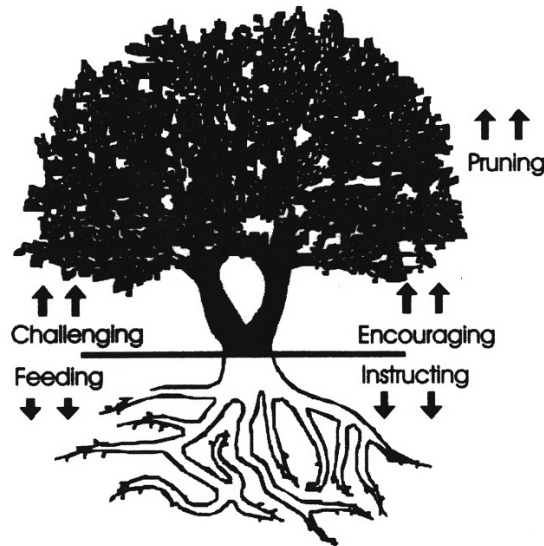
C. Constructing a New Scenario

*God, grant me the serenity
To accept the things I cannot change,
The courage to change the things I can
And the wisdom to know the difference*



As you therefore have received Christ Jesus the Lord, so walk in Him, having been firmly rooted and now being built up in Him and established in your faith, just as you were instructed, and overflowing with gratitude.

D. Helping People Walk by Faith as Children of God



The Truth Encounter

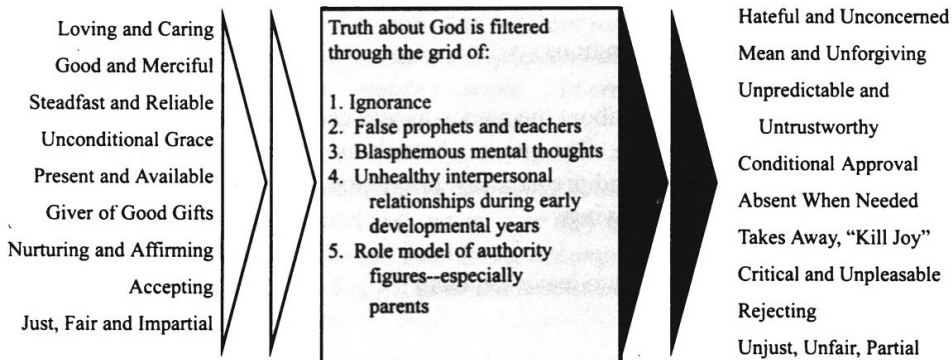
Lesson Objective: To understand how to help others find freedom in Christ by using the “Steps to Freedom.”

A. History Taking (Refer to the “Confidential Personal Inventory”)

1. Family history
2. Personal history

B. Determine Beliefs

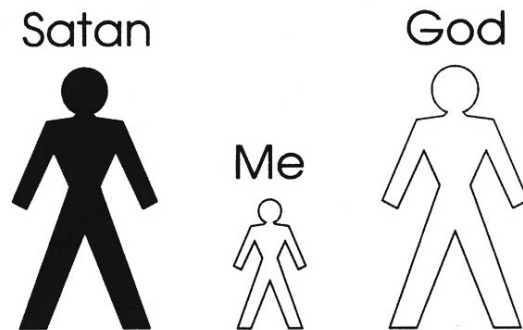
1. About God (2 Cor 10:5; 1 Jn 4:1-10)



2. About themselves
 - a. Fear of mental breakdown or insanity
 - b. Feel unloved, worthless and rejected
 - c. Believe they are different than others
3. About the struggle they are in
 - a. The origin of their problem
 - b. The nature of their problem

Notes

c. Spiritual perspective



C. Maintain Control by Working Only with the Person

1. Preliminary considerations

Determine as much about the person as you can before you make any attempt at resolution. Deception is Satan's major strategy, but if the demonic is confronted prematurely or irresponsibly, the victim may experience the following:

- a. Flight—the need to leave the room
- b. Internal interference (dizziness, glassy eyed)
- c. Being able to receive, but not to respond
- d. Catatonic—not being able to receive or respond

Notes

2. Getting their cooperation

There are two reasons people may be reticent to share their thoughts with you:

- a. They're afraid you won't believe them.
- b. They're being intimidated.

3. The following prayer is suggested at the beginning of the session:

Dear Heavenly Father, we acknowledge Your presence in this room and in our lives. You are the only omniscient, omnipotent and omnipresent God. We declare our dependency upon You, for apart from Christ, we can do nothing

We stand in the truth that all authority has been given to the resurrected Christ in heaven and on earth, and because we are in Christ, we share that authority in order to make disciples and set captives free. Therefore, we command Satan to release (name) in other that (name) can know and choose to do the will of God.

Now, in the name of Christ, we command Satan and all his forces to be bound and silenced within (name) so they cannot inflict any pain or in any way prevent God's will from being accomplished in (name)'s life. We ask the Holy Spirit to fill us and direct us into all truth. In Jesus' name, we pray. Amen.

4. Binding is neither all encompassing nor absolute.

5. What to do if there is strong interference.

Notes

D. Remove the Ground

1. The “Steps to Freedom in Christ”

- a. Counterfeit: What non-Christian experiences?
- b. Deception: Where have they been deceived?
- c. Unforgiveness: Whom do they need to forgive?
- d. Rebellion: When have they not been submissive?
- e. Pride: In what way are they playing God?
- f. Sin: What moral problems do they have?
- g. Generational: Prayer of renunciation

2. What if freedom is not obtained?

- a. You may not have all the necessary information.
- b. Have them pray, asking the Holy Spirit to reveal what it is that is keeping them in bondage.