

Outline:

Offering Hope to the City Series I

Friday, November 21, 2014

9:46 AM

Keywords: biblical counseling, discipleship, Colossians

Scripture: Misc.

SermonAudio Blurb: In this sermon P. Bruce seeks to make the point that biblical counseling is discipleship ministry and that all believers are called to disciple. A survey of Colossians will illustrate Paul's model for discipleship counseling

Mandate and Model for Biblical Counseling

I. Counseling is Discipleship

A. Discipleship and Biblical Counseling are mandated by Scripture

1. Biblical counseling and discipleship are one and the same.
2. Where the mandate for discipleship comes from. (Matt. 28:19-20a)

Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit, teaching them to observe all that I commanded you... (Matt. 28:19-20a, NASB)

- a. Discipleship follows evangelism
- b. Being taught to observe all that the Lord commands is discipleship
- c. Commands are imperatives (means they are not optional)

B. Who is Responsible to Disciple

1. Shepherds and Undershepherds
 - a. People desiring counseling at MDF must attend MDF.
 - b. MDF is interested in making disciples not merely "fixing" a presenting issue.
2. The primary task of a shepherd\undershepherd (Eph. 4:11-14) Go
 - a. your shepherds primary task is to equip you for discipleship, for building up this body known as MDF
 - b. for a purpose, unity of the faith, knowledge of Christ (Gospel-Centered Discipleship) to maturity in Christ
 - c. so that we are not led astray by this, that or the other thing, all of which are in great abundance these days
3. Discipleship is not limited to Shepherds\Undershepherds (Romans

15:14)

- a. I myself am satisfied about you, my brothers, that you yourselves are full of goodness, filled with all knowledge and able to instruct one another. (Romans 15:14 ESV)
 - 1) Instruct translates Greek *noutheteō*, “instruct, admonish, warn, counsel,” which is often used of warning against wrong conduct (Acts 20:31; 1 Cor. 4:14; Col. 1:28; 1 Thess. 5:12, 14; 2 Thess. 3:15). Paul encourages ordinary Christians (no doubt esp. those who have greater maturity and wisdom) to give one another practical, real-life wisdom and counsel.
- b. Note how "instructing, warning, admonishing, counseling" line up with the mandate for discipleship and teaching all that the Lord commands. All means all.

C. Biblical Counseling in the Context of Discipleship

1. Biblical Counseling is "intensely-focused personal discipleship."

- a. Discipleship via the public ministry of the Word
 - 1) Discipleship via the pulpit ministry
 - 2) Discipleship via your Community Group
 - a) The stated goals of MDF Community Groups are:
 - ▶ Provide more opportunities for discipleship
 - ▶ The CGLs assist the elders in shepherding the flock (undershepherds)
 - ▶ To be a missional entry point into Christianity (evangelism)
 - ▶ To be an entry point into Missio Dei Fellowship (path to membership)
 - ▶ Provide opportunities for closer relationships (fellowship)
 - b) The goal of discipleship is personal change (Eph. 4:22-24; Col. 3:5-17; Rom. 12:1-2)
 - b. The expectation is for a disciple to change
 - 3) Discipleship via an elective class\seminar at MDF.
 - a) Knowledge plus application = discipleship

2. Biblical Counseling as the private ministry of the Word

- a. Meeting with a person one-to-one is a private ministering of the Word.
 - b. The meetings are personal and usually focused but not necessarily intense.
 - c. The goal is personal change. Knowledge plus application = personal change
3. Intensely focused personal discipleship
- a. Problems tend to be more significant or life dominating.
 - 1) Lack of knowledge
 - 2) Lack of application of that which is known
 - b. Types of problems
 - 1) Relational conflict
 - 2) "emotional" problems
 - 3) Sin problems, particularly life dominating
 - 4) Life skills or wisdom problems
 - 5) Biblical Counseling deals with all the problems common to man because the Bible does.

D. Paul's Method of Discipleship (2 Tim. 2:2)

- 1. Discipleship may be defined as the process of passing the truths of God's Word that one has learned and applied on to another believer (2 Tim. 2:2).
- 2. Requires training or equipping
- 3. The purpose of specific equipping classes at MDF
 - a. Instruments in the Redeemers Hands
 - b. How do People Change
 - c. Relationships, A Mess Worth Making
 - d. Peacemakers
 - e. The Process of Biblical Heart Change
 - 1) A disciple is a learner who submits to discipline or one who

becomes a disciplined learner and then is able to pass on what has been learned and applied.

2) Matt. 28:19-20a

4. Who is the best discipler?

- a. The one who is full of knowledge of Christ (Rom. 15:14) and consistently applies that learning. Someone worth imitating (2 Tim. 2:2)
- b. This is why P. Matt constantly cautions us to be discerning as to who are primary influencers are.

5. Discipleship takes time

- a. Discipleship means to become more mature in Christ (progressive sanctification)
- b. It takes time.
- c. T X R=spiritual growth

III. The goal of all discipleship is to help a person grow to maturity in Christ. (Col. 1:28)

A. We proclaim Him, admonishing every man and teaching every man with all wisdom, so that we may present every man complete in Christ. Col. 1:28, NASB

B. (The apostle Paul's approach to biblical counseling) Gospel-Centered Counseling-How Christ Changes Lives by Robert W. Kellemen

1. Caution people against being taken captive by false approaches.

- a. For I want you to know how great a struggle I have for you and for those at Laodicea and for all who have not seen me face to face, [2] that their hearts may be encouraged, being knit together in love, to reach all the riches of full assurance of understanding and the knowledge of God's mystery, which is Christ, [3] in whom are hidden all the treasures of wisdom and knowledge. [4] I say this in order that no one may delude you with plausible arguments. (Colossians 2:1-4 ESV)
- b. [6] Therefore, as you received Christ Jesus the Lord, so walk in him, [7] rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving. [8] See to it that no one takes you captive by philosophy and empty deceit, according to human tradition, according to the elemental spirits of the world, and not according to Christ. (Colossians 2:6-8 ESV)

2. Lovingly confronting people who followed false approaches

- a. [16] Therefore let no one pass judgment on you in questions of food

and drink, or with regard to a festival or a new moon or a Sabbath. [17] These are a shadow of the things to come, but the substance belongs to Christ. [18] Let no one disqualify you, insisting on asceticism and worship of angels, going on in detail about visions, puffed up without reason by his sensuous mind, [19] and not holding fast to the Head, from whom the whole body, nourished and knit together through its joints and ligaments, grows with a growth that is from God.

- b. [20] If with Christ you died to the elemental spirits of the world, why, as if you were still alive in the world, do you submit to regulations— [21] “Do not handle, Do not taste, Do not touch” [22] (referring to things that all perish as they are used)—according to human precepts and teachings? [23] These have indeed an appearance of wisdom in promoting self-made religion and asceticism and severity to the body, but they are of no value in stopping the indulgence of the flesh. (Colossians 2:16-23 ESV)
3. Paul emphasized the incomparable supremacy of Christ and the unparalleled sufficiency of Christianity.
 - a. Confidence in the gospel (Col. 1:3-23)
 - b. Christ-Dependent Ministry (Col. 1:24-2:2)
 - c. Christ's wisdom (Col. 2:3-23)
 - d. Our salvation and sanctification in Christ (Col. 3:1-11)
 - e. the body of Christ ministering to one another (Col. 3:12-4:18)

III. The Characteristics of Biblical Counseling Discipleship

A. Christ is at the Center of all True Christian Counseling

Jesus Christ is at the center of all true Christian counseling. Any counseling which moves Christ from that position of centrality has to the extent that it has done so ceased to be Christian. We know of Christ and His will in the Word. Let us turn to Scripture, therefore, to discover what directions Christ, the King and Head of the Church, has given concerning the counseling of people with personal problems. [\[i\]](#) Jay Adams

1. The problem with the therapeutic models of counseling
 - a. No Christ, no God, man centered,
 - 1) theories about why we are the way we are.
 - b. Christ among other gods
 - 1) Recovery models (AA)
 - 2) Recovery models with Christ still "me centered" (Celebrating Recovery)

- 3) Vague spiritual models at best
- c. Christian counseling that pastes Scripture to therapy.
 - 1) Here's the theory; now here's the passage that is pasted over the theory, often out of context
 - 2) Christian psychologists often have advanced degrees in psychology but Sunday School education in theology.
 - 3) There are a number of credible psychologists who are dedicated biblical counselors and have "come over" to the sufficiency of Christ\Scripture in discipleship\counseling.
- d. Secular psychology begins with who "are we" as does much of Christian counseling.
 - 1) Psychology is the lens by which Scripture is viewed rather than the other way around.
 - 2) A discipler, warns, admonishes, teaches, instructs, counsels from their theology that is thoroughly biblical.
 - 3) Psychology is often times useful in describing things but woefully inadequate prescriptively.
2. You do not have to spend much time undermining psychology. Instead spend much time in proclaiming the supremacy of Christ and his excellence.
3. [18] But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be the glory both now and to the day of eternity. Amen. (2 Peter 3:17-18 ESV)

Questions for Community Groups

1. What is your attitude toward biblical counseling? Do you see it as a viable discipleship ministry? Do you believe the Scriptures are sufficient to deal with all the problems that are common to man? (If you do not don't be afraid to say so; just remain teachable and open to what your leadership has to say on the subject)
2. Can you recall from P. Bruce's sermon some of the pitfalls of psychology?
3. Did you make note of the phrases P. Bruce asked you to write down? Can you explain their importance?
4. CGLs: Spend significant time in Colossians and study the discipleship model presented. How does Paul counsel the Colossians? How do Chapters three and four fit into Paul's counseling model.

