

# key elements of discipleship: part 1

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## Introduction: \_\_\_\_\_ to disciple or counsel

1. Know how people change (Mark 7:20-23; Matt 12:34; Ezek 36:26; Rom 12:1-2; Prov 4:23; 23:7; 2 Pet 1:3-11; Col 3:12-17; Eph 4:22-24; 2 Tim 3:16-17)
2. Know what you are working with (Jer 17:9; Gen 6:5; Ps 51:5; Rom 6:6-7; Gal 5:17; 2 Pet 1:3)
3. Know how good counseling is
4. Know what tools you have
  - Triune God (Jer 17:10; Ps 139:23-24; 1 Cor 3:6-7; James 1:5)
  - God's Word (2 Tim 3:16-17; Heb 4:12)
  - Your ears
    - Listen well (Prov 18:13, 17)
    - Pay attention and keep focused (Prov 20:5; Phil 2:3)
    - Listening provides comfort (Ps 116:1-2)
    - Pray for God's grace to help you listen
    - Learn to ask questions in response to listening to what the counselee is saying
  - Your words (Prov 12:18, 25; 15:4, 7, 30; 31:26; Ecc 12:11; Is 50:4; Job 4:4; 1 Thess 4:18)
5. Know your chief end
  - The chief end of counseling is to present every man complete in Christ unto God's glory (Col 1:28)
  - Believers must know how to put off sin and put on righteousness (Heb 5:14; Eph 4:25-32; Col 3:9-10)
6. Know how to help people change – key elements
  - Key elements
    - Gather data
    - Discern problems
    - Establish involvement

- Give hope
- Give instruction
- Assign homework

## Gather \_\_\_\_\_

1. We must know the context and content of a person's problems (Prov 18:13)
  - Past life context - The instruction and modeling that a person has had throughout his life greatly impacts his manner of life (Prov 22:6; 2 Tim 1:5; 3:15).
  - Present life context – The current patterns and practices of one's life help give insight into what motivations and desires a person might have (Rev 2:2-3; 3:8-9; 2 Cor 1:8-9)
  
2. We must know what we need to know
  - Define the problem
    - What is their presenting problem?
    - What are their behavioral responses or reactions? – Shows what they believe is important, their level of self-control and what they are willing to do to get what they want.
    - What are their thinking responses? – Shows who, what, they think is important; provides basis for seeing how far off they are to thinking biblically
    - What are their desires, goals, wants, motives and purposes for living? - Provides basis for why they do what they do and show how far from biblical desires, goals, values, motives and purposes they are
  - Investigate the person on several levels
    - Physical – health related issues
    - Resources and relationships – people in their lives, or not in their lives
    - Emotions – control and impact of emotions
    - Actions – doing or not doing
    - Conceptual – motivation, thoughts and beliefs
    - Historical – their walk, how they have been living
  
3. We must know how to get these facts
  - Ask proper questions

- Practice good listening
- By a variety of other methods
- Use data gathering homework

## **Discern** \_\_\_\_\_

1. We must understand things as God does
  - Compare the person's behavioral responses and reactions to God's Word.
  - Compare the person's thinking to God's Word.
  - Compare the person's desires, goals, wants, motives and purposes for living with God's Word.
2. We must ensure that the counselee sees as God sees
  - Often our language and thought patterns are full of ignorance
  - We need to have this replaced by biblical language and thoughts
  - We also must realize that God's authority demands belief (James 1:5-8)