

SESSION 3: Interpersonal Word Ministry & Biblical Counseling

26SEP, 3, 10, 17 OCT 2024

Class Description

God's Word works in people, through people. Ministry involves us bringing God's Word to bear on people's lives. This class aims to help ministry trainees relate well to the people they meet in ministry. We want to be aware what we bring to our interpersonal relationships. And we want to learn and grow in a gospel-shaped posture in how we relate to people. Related to interpersonal ministry, this class also aims to introduce & clarify for our trainees to what is 'biblical counselling'?

Learning Goals

- To deepen students' appreciation and love for interpersonal Word ministry.
- To help students grow in self-awareness, so as to love and serve others well.
- To give students a basic posture in relating to others, including those who are suffering, and those with difficult personalities.
- To deepen the students' understanding and handling of their own stress.

Required Reading

- David Powlison, *X-Ray Questions in Seeing with New Eyes: Counseling and the Human Condition Through the Lens of Scripture* (P&R Publishing, 2003)
- Brown & Errington, *Bowen Family System Theory in Christian Ministry* (The Family Systems Practice & Institute, 2019), Pp. 280-287
- Heath Lambert, *The Biblical Counseling Movement After Jay Adams* (Crossway, 2012), Pp. 21-48, 80, 98-99, 119-120, 136-137, 155.
<https://www.psalm88.org/g360-week-1-the-biblical-counselling-movement-after-adams/>

Optional/Recommended Reading

- David Powlison, *What is 'Ministry of the Word?' in Speaking the Truth in Love: Counsel in Community* (New Growth Press, 2005)
- David Powlison, *Seeing with New Eyes: Counseling and the Human Condition Through the Lens of Scripture* (New Growth Press, 2005)
- Lane & Tripp, *How People Change* (New Growth Press, 2006)
- Welch, *When People are Big and God is Small: Overcoming Peer Pressure, Codependency, and the Fear of Man* (P&R Publishing, 1997)
- Welch, *Moving Toward People* <https://www.ccef.org/moving-toward-people/>

Response Paper

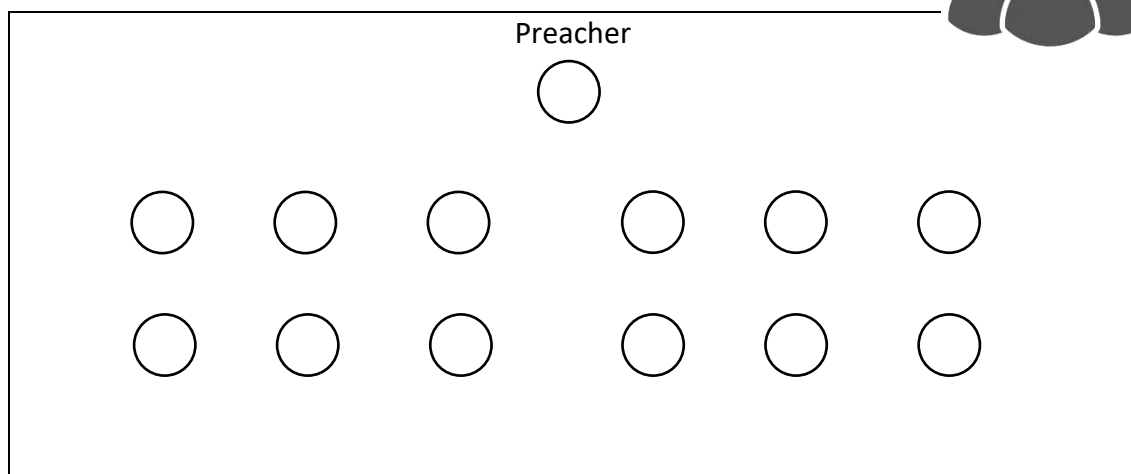
- Look through Powlison's X-ray questions. Pick a couple of questions and reflect on how this self-awareness helps you prepare well to relate to others.

Warming-up...

Agreeing on the priority & centrality of God's word (Jn.21:17, Eph.4:15), how is God's word conveyed, taught, passed on in ministry?



1. Dynamics of Word Ministry



PF/YG	Seminar	CG	Prayer triplets	Post-sermon	121s	Pastoral counselling
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- i. Word Ministry is Interpersonal (Col.3:16, Eph.4:11-15, Heb.10:24-25)
- ii. God's plan is Community (Gn.1-2, Gn.12:2, Rev.7:9-10)
- iii. God works in people through people (2Cor.1:3-4, Phi.1:7-8, 1Thes.2:7-8)

iv. Life situations involving interpersonal ministry?

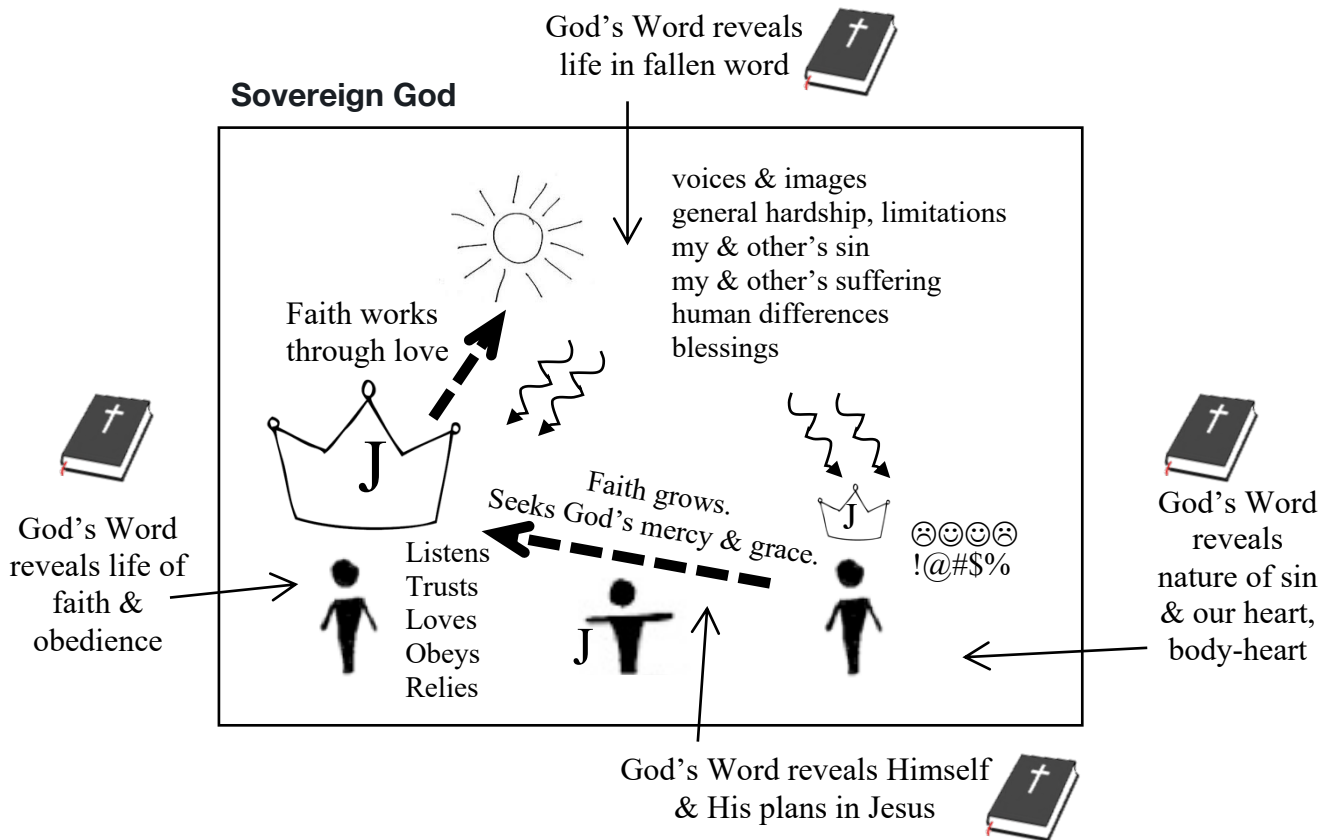
“My CG member has a pastoral issue... XYZ. I don’t know how to help. It’s complex and messy. I’ve no experience. It’s beyond my pay grade. I’m not trained. I’ve no time. I tried, nothing happened.”

... irregular at CG
... always late for church
... suffering depression/suicidal
... eating disorder
... once CGL but now burn-out
... suffers a chronic illness
... engaging in pre-marital sex
... consistently stressed with work
... conflict w another CG member
... dating non-Christian
... bullied at work
... confessed to porn addiction
... angry, blows up at home/work
... prioritises work/socials over CG
... dejected by failed relationship
... in marital conflict w spouse
... struggling w infertility
... stressed by newborn

... struggling w singleness, lonely
... confronted w past abuse
... persecuted at home/work
... pressured to perform, upgrade, promotion
... prizes/pursues worldly pleasures and successes
... struggles w image/identity issues
... struggles w disciplining children
... angry with God amidst CB e.g. retrenchment, isolation
... grieving the loss of loved one e.g. cancer, suicide, miscarriage

v. How then can we faithful grow in doing interpersonal word ministry (aka biblical counseling) better?

2. What is Interpersonal Word Ministry (aka Biblical Counseling)?

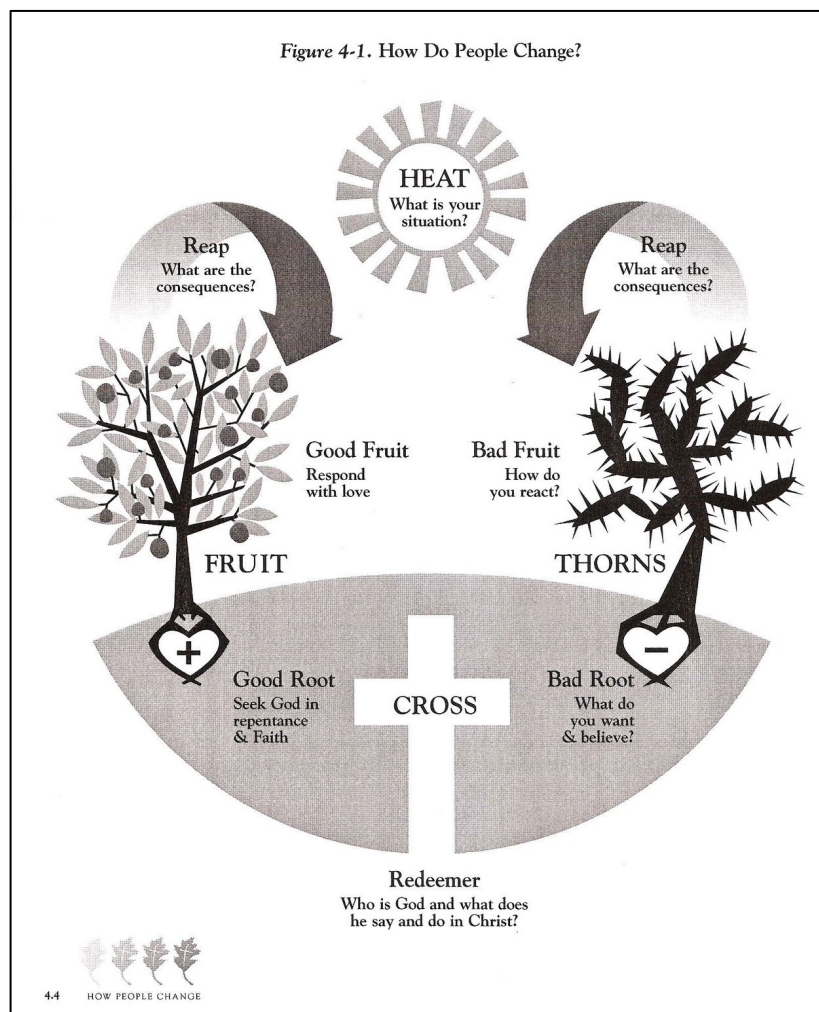


Interpersonal Word Ministry...

- 1) Reframes life troubles with an eternal perspective
- 2) Leads people to face themselves honestly, as God sees them
- 3) Promotes not human-human but human-Saviour interaction; bringing the living Christ to people
- 4) Steps into life troubles 'common to all' with humility
- 5) Works collaboratively with the person, genuinely & curiously seeking to understand the person's unique situation & heart
- 6) Aims for orientation & progress, not perfection
- 7) Thinks globally and acts locally; one bit of Bible to one bit of life

2. How: Growing in Self-Awareness.

- i. Study Yourself: Your Strengths, Weaknesses, History
- ii. *Letters of Jack Miller*
- iii. *Bowen Family System Theory*
- iv. Know Your Heat, Thorns & Bad Roots (Jas.4:1-4, Luk.6:43-45, Jer.17:5-8)



- v. *X-Ray Questions*

3. How: Grow in our Posture.

- i. Fundamental Posture of Humility & Love (Eph.4:1-2)
- ii. Posture of Collaborative Prayerfulness (Jas.1:2-8)
- iii. Posture of 'Serpents & Doves' (Matthew 10:16)
- iv. Relating as 'fellow Sinners, Saints, Sufferers'
- v. Relating to Those Suffering (2 Corinthians 1:3-4)
- vi. Relating to Those with Difficult Personalities (Mat.7:3-5)

4. The Biblical Counselling Movement After Adams

(i) Ch1: The Birth of a Biblical Counselling Movement and the Need for Growth

- 'Ministry is counselling, ministry is counselling'
- 'Counselling & revivalism'
- 'Psychological Revolution: Wundt & Freud'
- 'Jay Adams'
- 'Advancement post Adams''

(ii) Chapters 2 to 6 Conclusion

- Chapter 2: Think about Counselling
- Chapter 3: Do Counselling/Methodology
- Chapter 4: Talk about Counselling
- Chapter 5: Think About the Bible
- Chapter 6: Further Advancement