I. COURSE DESCRIPTION

The purpose of this class is to encourage and assist the saints in the local church to fulfill their calling as disciple-makers by equipping them to biblically counsel God’s people, providing instruction and employing methods that are Christ-centered and show proper regard for the Scriptures. In order to accomplish this goal, this course will: (1) help the students to understand what biblical counseling is and how it differs from secular methods of counseling, (2) reinforce the students’ understanding of key fundamental doctrines of the Christian faith, showing them how this theology relates to being a Christ-centered biblical counselor, and (3) teach the students key biblical counseling principles and a basic counseling process they could implement within their ministry to promote change and present counselees more complete in Christ.

This course amounts to the first part of a three part series on biblical counseling.

II. COURSE VISION

At the very least, it is our hope that this biblical counseling course would better equip the saints at Community Bible Church to lovingly speak the truth into one another’s lives, in order to present one another more complete in Christ. But if God so chooses, we believe that He could use this course to raise up a group of saints who will participate in a more formal counseling ministry to our local church and our local community. This could serve as a great means of outreach, pointing broken sinners to the all-sufficient Savior. If you are a discipler or leader at CBC, I would ask you to seriously pray about possibly participating in such a ministry, doing all the necessary coursework for preparing yourself for such an opportunity, if the Lord so desires.

III. COURSE TEXTBOOKS

Required:


Optional:

IV. COURSE REQUIREMENTS

There are three different levels of homework assignments being offered for this class, as described below. All disciplers and teachers at CBC are required to at least do the Level 1 assignments. And I would ask you to seriously consider doing the Level 2 homework, with the goal of possibly participating in a future counseling ministry God might establish through us at CBC.

Audit Level: Since this class is a public class that anyone at CBC can attend, there is an audit level for anyone just interested in attending the course and hearing the lectures. No homework assignments are required for the audit level students.

Level 1: All disciplers and teachers at CBC are required to complete this level of homework assignments. This level should equate to about 2-4 hours of homework per week. The actual assignments are described in the Course Assignments and Course Homework Schedule sections below.

Level 2: This more intense level of homework is designed for those who are burdened to participate in a possible future counseling ministry at CBC, or simply for those who would like to challenge themselves to grow further in their personal walk with Christ. This level should equate to about 6-10 hours of homework per week. Please see the Course Assignments and Course Homework Schedule sections for more information. Completing Level 2 homework will be required if you wish to participate in the third module of the biblical counseling series.

V. COURSE ASSIGNMENTS

A. Bible Reading

This is a biblical counseling course that actually encourages you to know your Bible. Christ-centered biblical counseling isn’t about giving people a pep-talk using your own worldly wisdom and experience. You must learn to point people to Christ using the primary resource for knowing Christ and partaking of His saving and sanctifying grace (Col. 1:28; 2 Tim. 3:16-17). As a result, one of the key assignments in this course will involve reading your Bible. Hopefully, this will encourage you to establish and maintain a regular habit of reading the Scriptures for your own personal growth and edification.

To communicate which reading assignments you have completed, please print out a copy of the Course Homework Schedule, check the boxes for the reading assignments you have completed, and turn in the assignment sheet at the end of the module.

B. Bible Reading Chapter Summaries

In addition to the Bible reading, level 2 students will also be required to write a one sentence summary for each chapter they read from the Scriptures. As a biblical
counselor, you will often times be required to discern what portion of God’s wisdom would be most appropriate to apply to the particular issue at hand. As a result, you will need to grow in knowing how to locate particular passages throughout the Scriptures. In light of this truth, the purpose of this assignment is to encourage you to meditate on the Scriptures and familiarize yourself with its content, establishing connections in your head so you could become better equipped to locate specific passages for counseling.

For example, you might simply summarize Matthew 1 as “Jesus Christ’s genealogy and birth, showing that He truly is the Christ, the Son of David.” And you might summarize Matthew 2 as “The wise men journey to worship the true King Jesus, motivating Herod to slay all the male children in Bethlehem, forcing Jesus’ family to flee to Egypt.”

This assignment can be turned in as one complete document at the end of the module.

C. Textbook Reading & Quote Log

In addition to the Scripture reading above, you will be required to read portions from the required course textbooks, as delineated in the Course Homework Schedule section below. To communicate which reading assignments you have completed, check off the boxes for the reading assignments you have completed on the Course Homework Schedule, and turn in the assignment sheet at the end of the module.

If you have already read one of the required textbooks in the past two years, you have the option of substituting one of the optional textbooks in its place. But before you do this, please speak with the professor to confirm your choice.

In addition to the reading, Level 2 students will need to compile a log of quotes that the student found particularly helpful for them personally. Type out the quote, and then next to the quote provide a one or two sentence summary about why you found this quote to be especially useful or encouraging. If the quote is too long to type out (spans many paragraphs), type out the main portion of the quote that you found helpful, and then include a reference to where the rest of the quote can be found (page and line numbers).

This quote log may also include quotes that you found to be incorrect or harmful for your ministry. Try to be discerning as you read these books, because even Christian authors can say things that are very imbalanced or incorrect. If you do list a quote that was in your opinion harmful, provide a one or two sentence summary explaining why.

Strive to generate a log of at least ten quotes from each required textbook. This quote log may be turned in at the end of the module.
D. Verse Reference Test

As previously mentioned, a biblical counselor may be required to discuss a wide variety of subjects in a counseling meeting. And the counselor needs to be ready to direct the counselee to a number of different places in the Scriptures to address this wide array of issues, bringing God’s authority to bear on the meeting. The verse reference test is intended to help prepare you for this task. It encourages you to memorize particular verse references that could be used to admonish and encourage the counselee on various issues that may come up in a counseling meeting.

By the end of the module, students will need to take the verse reference test. Each question asks you to list a number of verse references pertaining to a particular subject. You do not have to write out the entire verse, simply the verse reference. This is a closed notes, closed Bible, take home test. To take the test, simply print out a blank copy of the test and take it in one sitting. Then grade the test by marking down how many verse references you missed or got wrong. Once the test is graded, turn it in by the end of the module.

An answer key is provided for you, so you know what verses references are valid answers for each question. When studying a particular question, you should begin by reading each passage listed with the question, so you understand why each passage is mentioned there. Then memorize the required number of verse references specified by the question. The answer key provides more verse references than necessary, so you can choose which particular passages you think you would use most in your own ministry.

When taking the test, you must only provide verse references as found on the answer key. Certainly, this answer key is by no means exhaustive, and there may be other verses that would be valid answers to each question. But you must only give answers as specified on the answer key. There are several reasons for this. One reason is logistical, in that it creates a test that is easier to grade. But secondly and primarily, I believe there are some passages that are more likely to be used in a counseling situation, because of their simplicity and clarity when explaining a biblical concept. The answer key is an attempt to highlight such passages. For these reasons, you may only provide verses references specified on the answer key.

Of course, since this verse reference test is a work in progress, valuable passages have most likely been left off answer key. If you know of a passage that should be added to the answer key for a particular question, and would like it added as a possible answer, please let me know and I could update the answer key at my discretion. An updated answer key and test may eventually be distributed through the module’s webpage on CBC website at some point during the class.
E. Scripture memory

Level 2 students will be required to memorize Scripture. Pick a single verse from the verse reference test questions you are studying for the week, and memorize that verse. You can decide which verse you would like to memorize, as long as it comes from the verse reference test answer key for the questions you are currently studying for the week. I only ask you to please choose a verse that you don’t already know by heart. You may memorize this verse in your favorite Bible translation.

This is a self-graded exercise. While this isn’t a very exact measurement, you may conclude that you have memorized the verse when you can recite the verse from heart without having just recently read the verse within the last hour, and without missing any words in your recital. Once you have reached that point, specify which verse you have chosen to memorize on the Course Homework Schedule (a blank space is provided for you to do this), and check the box to signify you have completed this assignment.

I also encourage you to regularly review these memory verses so that they stay with you throughout the years that you will be counseling people. Buy some index cards, or download a smartphone app to help you with this.

F. Other Miscellaneous Assignments

For Level 2 students, I may give some additional assignments during the module. For example, I may assign some case studies or additional articles to read from time to time. There are some blank spaces in the Course Homework Schedule to identify these additional assignments, if necessary.

G. Attendance

Attendance will be taken and your presence is expected at all classes. Of course, I understand that you may serve in a ministry on Sunday mornings that you can’t possibly reschedule without debilitating the ministry. If that’s the case, just do your best to arrange your schedule to find substitutes as much as possible, so you can attend as many classes as is feasible. Then let me know when you do have to miss class because of ministry.

Our goal is to have each session recorded, so if you do miss a class, you can download the message and listen to it during the week. Please strive to catch up by the next scheduled lecture. See the Course Help section below to find out the exact web address for the class.
H. Class Participation

Since this class is expected to have many students, there will not be much opportunity for class participation. But when opportunities for discussion, or role playing, or breaking up into small groups do present themselves, you are expected to participate. God has given you a gift and experiences that may be of great encouragement for the saints, so feel free to speak up and participate.

And please note, when asking a question or sharing a counseling story in class, please omit all personal identifying information from your experience which might enable us to identify the person you are talking about. This may include names, dates, locations and other unique identifying characteristics about the situation. Many counseling situations can be very embarrassing for the parties involved, and we do not want this class to become a source of gossip or shame for anyone we know. This is especially a potential problem for us, since we all know the same people at church. One of the most comforting aspects of God’s saving grace in our lives is that He has covered our transgressions, removing them from us as far as the east is from the west (Psa. 32:1; 103:12). Let us show similar grace to one another.

VI. COURSE GRADING

This course is being offered on a pass or fail basis. If you have sufficiently satisfied the class requirements for your particular homework level, you will be considered to have completed this module of the Biblical Counseling series, and will be further prepared to speak the truth in love to your fellow brothers and sisters. If you’re a level 2 student, you will be one step closer to participating in a potential future counseling ministry at CBC.

Ultimately, I hope you are not driven by grades or satisfying a set of mere requirements. Rather, I hope are driven by your passion to serve and glorify our Lord and Savior Jesus Christ, wanting to be a good steward of the gifts and resources He has given you, to advance His kingdom in this world by devoting yourself to this ministry, helping to shepherd God’s church and to make disciples of all the nations.

VII. COURSE HELP

If you have any questions, please feel free to contact me any time using the following methods:
- E-mail: andrew@cbcvallejo.org
- Telephone: (707) 553-8780
- In Person: In the hallways of Community Bible Church

Additionally, a special webpage on the CBC website has been created specifically for this class. There, you can download documents, recordings, and any updated notes or materials.

- Website: http://www.cbcvallejo.org/biblicalcounseling/module1/
VIII. COURSE HOMEWORK SCHEDULE for (Name): ____________________

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<tr>
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<th>Assignments</th>
<th>Complete?</th>
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<td>1/18/2015</td>
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<td>2. Other Reading: Instruments Ch 1-2</td>
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<td>4. <strong>Level 2</strong>: Memory verse:</td>
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<td>5. <strong>Level 2</strong>: Write chapter summaries for the assigned Bible Reading</td>
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<td>6. <strong>Level 2</strong>: Start compiling Quote Log</td>
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<td>7. <strong>Level 2</strong>:</td>
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<td>1/25/2015</td>
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<td>4. <strong>Level 2</strong>: Memory verse:</td>
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<td>5. <strong>Level 2</strong>: Write chapter summaries for the assigned Bible Reading</td>
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<tr>
<td>2/01/2015</td>
<td>1. Bible Reading: Acts 1-14</td>
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<td>2. Other Reading: Self-Confrontation Lesson 1</td>
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<td></td>
<td>3. Study Verse Reference Test Questions: 3-4</td>
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<td>2. Other Reading: Self-Confrontation Lesson 2</td>
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<td>3. Study Verse Reference Test Questions: 5-6</td>
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<td>2/15/2015</td>
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<td>2. Other Reading: Instruments Ch 3-4</td>
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<td>3. Study Verse Reference Test Questions: 7-8</td>
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<td>2. Other Reading: Instruments Ch 5</td>
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<td>2. Other Reading: Instruments Ch 6</td>
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| 3/08/2015  | 1. Bible Reading: Romans  
             2. Other Reading: Self-Confrontation Lesson 3  
             3. Study Verse Reference Test Questions: 9-10  
             4. Level 2: Memory verse:  
             5. Level 2: Write chapter summaries for the assigned Bible Reading  
             6. Level 2: Continue compiling Quote Log  
             7. Level 2: Self-Confrontation Lesson 3, Homework: D, H  
             8. Level 2: Self-Confrontation Lesson 23, Questions: 5, 8 |
| 3/15/2015  | 1. Bible Reading: James, Ephesians, Philippians  
             2. Other Reading: Instruments Ch 7-8  
             3. Study Verse Reference Test Questions: 11-12  
             4. Level 2: Memory verse:  
             5. Level 2: Write chapter summaries for the assigned Bible Reading  
             6. Level 2: Continue compiling Quote Log  
             7. Level 2:  
             8. Level 2: |
             2. Other Reading: Self-Confrontation Lesson 4  
             3. Study Verse Reference Test Questions: 13-14  
             4. Level 2: Memory verse:  
             5. Level 2: Write chapter summaries for the assigned Bible Reading  
             6. Level 2: Continue compiling Quote Log  
             7. Level 2: Self-Confrontation Lesson 4, Homework: C (only 1 verse), K |
| 3/29/2015  | NO CLASS for Discipleship Training Meeting  
             2. Other Reading: Instruments Ch 9-10  
             3. Level 2: Write chapter summaries for the assigned Bible Reading  
             4. Level 2: Continue compiling Quote Log |
| 4/05/2015  | 1. Bible Reading: 1 Corinthians  
             2. Other Reading: Instruments Ch 11-12  
             3. Study Verse Reference Test Questions: 15-16  
             4. Level 2: Memory verse:  
             5. Level 2: Write chapter summaries for the assigned Bible Reading  
             6. Level 2: Continue compiling Quote Log  
             7. Level 2:  |
| 4/12/2015  | 1. Bible Reading: 2 Corinthians, Philemon  
             2. Other Reading: Instruments Ch 13-14  
             3. Study Verse Reference Test Questions: 17-18  
             4. Level 2: Memory verse:  
             5. Level 2: Write chapter summaries for the assigned Bible Reading  
             6. Level 2: Continue compiling Quote Log  
             7. Level 2:  |
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<td>7. <strong>Level 2</strong>: Self-Confrontation Lesson 5, Homework: B, C (identify, but you don’t have to complete the Supplement 6 form).</td>
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<td>7. <strong>Level 2</strong>: Self-Confrontation Lesson 6, Homework: B</td>
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<td>8. <strong>Level 2</strong>: Self-Confrontation Lesson 23, Questions 12, 13</td>
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<td>7. <strong>Level 2</strong>: Self-Confrontation Lesson 7, Homework: C, G</td>
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<td>4. <strong>Level 2</strong>: Memory verse: ________________</td>
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<td>5. <strong>Level 2</strong>: Write chapter summaries for the assigned Bible Reading</td>
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<td>7. <strong>Level 2</strong>: Self-Confrontation Lesson 8, Homework: E, F, G</td>
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<td>4. <strong>Level 2</strong>: Memory verse: ________________</td>
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<td>2. Other Reading: Self-Confrontation Lesson 10</td>
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<td>3. Take Verse Reference Test and turn in</td>
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<td>4. Indicate whether you listened to every class lecture in this module</td>
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<td>6. <strong>Level 2</strong>: Complete chapter summaries and turn in</td>
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<td>7. <strong>Level 2</strong>: Complete Quote Log and turn in</td>
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