



Instructor

Pastor Michael Miller

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Required Texts

Jay Adams, *The Christian Counselor's Manual*, Grand Rapids, MI: Zondervan Publishing House, 1973. ISBN 9780310511502

Jerry Bridges, *Trusting God: Even When Life Hurts*, Colorado Springs, CO: NavPress, 1988, 2008. ISBN 9781600063053

John MacArthur, *Counseling: How to Counsel Biblically*, Nashville: Thomas Nelson, 2005. ISBN 9781418500054

Course Description

Introduction to biblical counseling, both theologically and practically. Lays an historical and theological foundation for counseling. Highlights the development of effective counseling procedures as well as the discussion of specific issues and problems in counseling.

Learning Objectives

By the end of this course, you should be able to:

1. Recognize the failure of secular psychology and Christian integration to address the spiritual needs of the human heart.
2. Locate the biblical teaching on Scripture's sufficiency.
3. Explain the biblical process of change.
4. Recognize the dangers of psychiatric drugs.
5. Start putting nouthetic counseling into practice, even in crisis situations.

Course Activities

Reading

The readings are to be completed **before** the start of the first class on Monday, March 16. Please read in the assigned order.

Topic	Textbook	Pages
Who Can Counsel	MacArthur	pp. 213-215
History of Biblical Counseling	MacArthur	pp. 21-26
Psychological Methods	Adams	pp. 71-91
Psychologists vs. Nouthetic Counselors	Adams MacArthur	pp. 9-11 xi - xiv
The Failure of Psychology	MacArthur	pp. 3-17
Should You Ever Defer to a Psychologist?	MacArthur	pp. 262-264
The Sufficiency of Scripture	MacArthur	pp. 162-166; 204-205; 249-250
Biblical Foundations	Adams	pp. 92-97
Foundations of Biblical Counseling	MacArthur	pp. 27-29
The View of Man	Adams MacArthur	pp. 141-149 pp. 64-78
The Ability to Change	Adams	pp. 28-30
Hope for Change	Adams MacArthur	pp. 46-48 pp. 114-130
Responsibility for Change	Adams	pp. 103-111
Feelings vs. Obedience	Adams	pp. 112-116; 118-123; 296-298
The Process of Change	Adams	pp. 171-190; 212-216
Persevering in Change	Adams	pp. 208-212
The Helper in Change	MacArthur	pp. 79-87
Praying for Change	Adams	pp. 49-51
Motivations for Change	Adams MacArthur	pp. 161-163 pp. 178-181
Failure to Change	Adams MacArthur	pp. 459-461 pp. 185-187
Uncovering the Root	Adams MacArthur	pp. 123-124 pp. 153-155; 158-159
Why People Need Counseling	Adams	pp. 277-279
The First Session	Adams	pp. 228-231
Gathering Information	MacArthur	pp. 131-146
Homework	Adams	pp. 301-320
Checklist	Adams	p. 436
Matthew 18	Adams	pp. 52-57
Forgiveness	Adams	pp. 63-70
Anger	Adams	pp. 348-367
Envy	Adams	pp. 368-374
Depression	Adams	pp. 375-383
Fear	Adams	pp. 413-420
Breakdowns	Adams	pp. 36-37
Trusting God	Bridges	pp. 11-19
God's Control	Bridges	pp. 21-32
God's Sovereignty	Bridges	pp. 33-53
God's Sovereignty over People	Bridges	pp. 55-75
God's Rule over the Nations	Bridges	pp. 77-96
God's Power over Nature	Bridges	pp. 97-109
God's Sovereignty and Our Responsibility	Bridges	pp. 111-122
God's Wisdom	Bridges	pp. 123-141
God's Love	Bridges	pp. 143-155

Essay

On Saturday afternoon the class week will wrap up with you writing an essay. More details will be shared during the week. Don't worry—it's not as bad as it sounds!

Paper

Write a 6-7 page paper (double-spaced) on the sufficiency of the Scripture for the nouthetic counselor. Answer the critic who argues—"The Bible isn't a psychology textbook. It doesn't have the answers for today's disorders." Prove from the Scripture that the nouthetic counselor holds in his or her hand the ultimate counseling resource by explaining and then refuting the integrationist's position. Make sure you deal in reasonable depth with each pertinent Scripture passage. For the last page of your paper, overview how you would counsel (from the Bible) someone struggling with bitterness. Please email your paper to Pastor Michael by Saturday, April 18.

Course Policies

Students are expected to demonstrate honesty in the completion of their assignments. Plagiarism and other forms of cheating are not acceptable.

Grading

Late work will be docked 3% for every day it is late.

Point Values

Textbook Reading—100 points

- Adams—40 points
- Bridges—35 points
- MacArthur—25 points

Essay—30 points

Paper—100 points

Total: 230 points

Scale

A 90-100 %

B 80-89 %

C 70-79 %

D 60-69 %

F 0-59 %