



Transformed

From Brokenness
to Wholeness

Season Two
Study Guide

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How to Use This Curriculum

Instructions for Teachers

Greetings!

Everyone at Gospel Partners Media is so glad that you are introducing your class to Biblical Counseling! Thank you.

This series has a two-fold goal:

1. That viewers would see how the Bible applies to their emotional issues and be helped.
2. That viewers would be encouraged to become Biblical Counselors.

Preparation:

Don't panic if you don't know the answer to a question.

We encourage you to read or listen to the materials provided at the beginning of each unit.

These materials will help you field most questions.

Please note: you do not have to show all thirteen episodes. Each episode stands on its own. Pick the episodes that will benefit your class the most.

Class Structure

- Announcements
- Prayer
- Hand out questions to each participant and encourage them to answer the questions while the video plays.
- Watch one segment at a time.
- Pause at the end of each segment to discuss the questions together. If you answer the questions and still have time, we have provided additional Main Ideas that you can use for discussion points.
- *Please note:* if you find yourself in a great conversation about a particular issue, we encourage you to camp there as long as you need. It is better to have robust conversations that are of interest to the class, rather than racing to watch the entire episode.
- Close the class in prayer.

How to Use This Curriculum

The Clock

Each of the thirteen episodes runs twenty five minutes each.

To determine the length of discussion time, take the total number of minutes per class:

- Deduct announcement and opening prayer time.
- Deduct twenty five minutes.
- Deduct closing prayer time.

Divide the number of minutes remaining by four, and that will be how long you have for each discussion time.

Thank you again for utilizing Transformed!

May the Lord use our joint efforts to equip the church to strengthen the downcast and hurting.

Episode 1

Episode 1: Segment 1

Instructions for Teachers

Please familiarize yourself with the topic before leading the class by reading, listening to, or watching the primary resources provided.

Primary Resources

Article:

Strategies for Fighting Depression Well by Jim Newheiser at

<https://biblicalcounseling.com/resource-library/articles/strategies-for-fighting-depression-well/>

Jesus Christ, our Living Hope by Jeff Christianson at

<https://www.biblicalcounselingcoalition.org/2021/09/03/jesus-christ-our-living-hope/>

Taking Every Thought Captive by Joshua Waulk at

<https://www.biblicalcounselingcoalition.org/2015/11/27/taking-every-thought-captive-2/>

Video

Distribute the student questions.

Play the first segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- If life were a train, what should be the engine?
- Where do feelings belong in the train of life?
- Why should you stop letting your life be led by feelings?

Answers

- If life were a train, the engine would be believing, which then informs our thinking, and our feelings follow last.
- Although feelings are important, they are not ultimate. Feelings should be the last car on our train of life.
- When we let feelings drive our lives, despair is surely soon to follow.

Main Ideas

The ideas presented below represent some key concepts of the segment. You may share these with the class if you have extra time for discussion.

- What you believe is the engine that drives your life because it informs your thinking.
- When we let feelings drive our lives, we can be sure a trainwreck is soon to follow.
- Our feelings are important, but they're not ultimate.
- We must prioritize believing, which will change our thinking.
- A Christian can find hope even when he doesn't feel like it.

Episode 1

Episode 1: Segment 2

Video

Distribute the student questions.

Play the second segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- How have you experienced negative results because you made a decision based on your feelings?
- How can we learn from Cain's negative example?
- What is the goal of biblical counseling for depression?

Answers

- Feelings often lead us wrongly. If we are driven by feelings, we are likely heading for a train wreck.
- Cain had an opportunity to be truth-led, but he chose to follow his feelings instead. Rather than allowing truth to lead him to repentance and obedience to God, he acted on his feelings and ended up choosing to kill his brother.
- The goal is not necessarily that the depression goes away completely. Rather, the goal is to be faithful regardless of feelings. We pray that God would change us to want what He wants. The goal is to make an intentional habit of being belief-driven, and eventually, we hope to grow to a point where our feelings are in alignment with our beliefs.

Main Ideas

- A root of depression could be a feeling-oriented existence.
- When we are obedient and led by truth, it affects the way we feel. When we let feelings lead us, they often lead us wrongly.
- Cain had an opportunity to be truth-led, but he chose to be feelings-led, and his feelings led him to sin and greater destruction in his life.
- The goal is not that depression goes away, but that God will change us to want what he wants.
- The goal is to be faithful regardless how we're feeling that day. And eventually, we want to get to the point where it is no longer, "God, I want to believe. Help me to believe." Instead, it becomes, "God, I do believe this, and I'm going to do what you called me to do because that's what I want to do."

Episode 1

Episode 1: Segment 3

Video

Distribute the student questions.

Play the third segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What does it mean to take thoughts captive?
- How should we measure success when dealing with despair?
- How can struggling with depression be seen as a positive opportunity?
- Is there a Bible verse you could memorize that would help you be led by truth and not feelings or wrong thinking?

Answers

- Paul teaches us to take our thoughts captive to the obedience of Christ. This means that if our thoughts and feelings are wayward animals that escaped the pen, we must corral them and place them back where they belong. We must catch each thought and compare it to the truth of Scripture. Our thoughts and feelings must then submit to the truth of God's Word. We must be obedient to honor God, regardless of where our thoughts or feelings want to take us.
- Success is not dependent on a measurement of time that has passed since I last felt depressed. Success is honoring God when I feel discouraged or down-trodden.
- Depression can be an opportunity to trust in God and rely on Him in deeper ways than we may experience if we never struggled.
- There are many verses that can remind us of specific truths that we struggle with. Others may help us to remember that God's Word is true or to reorient our thinking toward biblical truth. Many of the psalms can be used as prayers for help in seeking truth.

Main Ideas

- A root of depression may be wrong thinking.
- 2 Corinthians 10:3–5 teaches us to take every thought captive to the obedience of Christ. There are ideas and thoughts that are adversaries to God and his work in our lives, and we must fight against those.
- Success isn't whether or not we experience depression, but whether or not we're honoring the Lord.
- Discouragement can be a way of helping us be dependent on God to a level we would not experience if everything were going our way.
- Jesus is our sympathetic high priest. He will never leave or forsake us, so we are never alone. Jesus cares about us and our struggles, which he demonstrated by enduring the same traumatic experiences that we do.

Episode 1

Episode 1: Segment 4

Video

Distribute the student questions.

Play the fourth segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- How could a “Thankfulness to God” list help you to fight depression?
- If you struggle with depression, does that mean you aren’t a Christian?
- How much of the time is ok to be led by your feelings?
- Overcoming depression is possible through the power of Christ, but what is our role in healing?

Answers

- Sometimes it is easy to focus on the difficulties and we must fight for joy. One way we can do that is to intentionally focus on the things God has done for us and the things we are thankful for.
- Christians can get depressed, too. It isn't about whether or not you struggle with depressing thoughts or feelings, but whether you honor God in the midst of the struggle.
- Being led by your feelings 50% of the time is still too much. We must be led by the truth of God 100% of the time.
- It takes work to follow Christ. We each have a choice, like Cain. Are we going to be led by emotions or by the truth of God? We must learn the discipline of taking each thought captive and bringing into submission to what Jesus says about life and truth.

Main Ideas

- God can tear down the walls around our hearts and minds.
- Overcoming depression requires intentional and ongoing application of truth.
- The truth of God must lead you 100% of the time. Thinking and feeling must follow the truth.
- Overcoming depression is possible through the power of Christ, but following Christ does take work.
- To be led by truth, we must work to corral our thoughts and feelings, to take them captive, and not allow our lives to be driven by them.

Episode 1

Episode 1: Additional Resources

Articles

- *Six Disciplines of a Depressed Soul* by Paul Tautges at <https://www.biblicalcounselingcoalition.org/2013/05/23/six-disciplines-of-a-depressed-soul/>
- *3 Biblical Journey Markers When Working Through Depression* by Paul Tautges at <https://www.biblicalcounselingcoalition.org/2015/04/06/3-biblical-journey-markers-when-working-through-depression/>
- *Ephesians for the Depressed: Finding Color and Dimension in Gospel Community* by Shawn Doud at <https://www.biblicalcounselingcoalition.org/2012/09/04/ephesians-for-the-depressed-finding-color-and-dimension-in-gospel-community/>
- *How to Pray When You're Depressed: A Look at Psalm 13* by Mark Kelly at <https://www.biblicalcounselingcoalition.org/2012/09/03/how-to-pray-when-youre-depressed-a-look-at-psalm-13/>

Conference Messages

- *Helping the Discouraged* by Randy Patten at <https://biblicalcounseling.com/resource-library/conference-messages/helping-the-discouraged/>

Episode 2

Episode 2: Segment 1

Instructions for Teachers

Please familiarize yourself with the topic before leading the class by reading, listening to, or watching the primary resources provided.

Primary Resources

Article:

When Life Isn't Fair by Paul Brown at

<https://biblicalcounseling.com/resource-library/articles/when-life-isnt-fair/>

When You're Tempted to Ask, "Why Me?" by Sarita Jarrett at

<https://biblicalcounseling.com/resource-library/articles/when-youre-tempted-to-ask-why-me/>

Video

Distribute the student questions.

Play the first segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- How do you identify with Dee?
- How are your circumstances related to your view of who God is?
- Why do you think a big view of God results in praise and thankfulness?

Answers

- We likely all have had times when we feel mistreated or like we are suffering unfairly. In part or in whole, most of us can likely relate to Dee's situation.
- Our circumstances can help us to praise God, or they can steal our focus and cloud our view of who God is. When you focus on who God is, you see circumstances as blessings. When you focus on your problems and difficult circumstances, you lose sight of who God is.
- When we realize how big God is and all he has one for you, you will praise him and be thankful to him.

Main Ideas

The ideas presented below represent some key concepts of the segment. You may share these with the class if you have extra time for discussion.

- Self-pity is a subtle sin and may be harder to detect than others, but it is no less serious.
- When we focus on our perceived hardships rather than our blessings, we can easily cloud our view of God and cause us to slip into self-pity.
- A big view of God should result in praise and thankfulness.
- King Ahab wanted a vineyard, and when he didn't get it, he stewed on his disappointment, which led him to wallow in self-pity. Ahab was focused on what he wanted and lacked, rather than on what was right.

Episode 2

Episode 2: Segment 2

Video

Distribute the student questions.

Play the second segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- How does your view of God affect the way you interact with your circumstances?
- When you find yourself falling into self-pity, how will you change your perspective?
- How can you apply a big view of God to the issues you worry about? Is there a Bible verse that can help you to cultivate that big view of God?

Answers

- If you have a big view of Christ, it is going to change the way you view your circumstances and how you interact with them. A big view of God will lead you to praise him; a small view of God will cause you to be fearful and anxious.
- The change to praise comes when we meditate on the benefits of the Lord. When you find yourself falling into self-pity, intentionally meditate on what God has done for you.
- God is bigger than any fear or difficulty we face. No matter what your worry, God is in control. Examples: health—God has power over sickness (Matthew 9:22); direction of the world—God sits on His throne and laughs at the kings of the earth (Ps 2:4); old age—God will carry you even to old age (Isaiah 46:4).

Main Ideas

- A possible root of self-pity is a low view of God.
- God is bigger than anything you fear.
- Your view of God can directly impact your emotions, fear, and proclivity toward self-pity.
- Paul corrected the Colossians' view of Jesus in Colossians 1:15–17. Jesus is God, Creator, Sustainer. He holds all things together and Jesus is the head of the church.
- In Psalm 103:1–5, David praises the Lord because of what He has done in his life before.
- When we remember the benefits of the Lord, our natural response is to praise Him. But when we meditate on the difficulties that we've experience, our natural response is not praise but self-pity.

Episode 2

Episode 2: Segment 3

Video

Distribute the student questions.

Play the third segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What is the danger of indulging self-pity?
- How are envy and self-pity similar?
- When you feel envious or self-pitying, how will you respond differently?

Answers

- If we indulge our self-pity, it will lead to bitterness, anger, and even hatred. Sin cannot be left to fester, but we must deal with the sin to keep it from taking a disastrous hold of us.
- Envy and self-pity are both self-centered sins that result from a lack of contentment and gratitude, a failure to trust in God for provision, and comparing oneself with others.
- Rather than dwell on self-pity or envy, we ought to focus on the things we can be grateful for, focusing on God's blessings rather than our difficulties.

Main Ideas

- Sin is neither static nor satisfied. It always wants more. Self-pity must be mortified before it becomes bitterness or hatred.
- A possible root of self-pity is bitterness.
- Self-pity can cloud our judgment. Envy starts inwardly as we compare ourselves to others. Envy progresses to bitterness, which leads to hatred. The results of it in Cain's life were disastrous (Genesis 4).
- As Christians, we are commanded to be thankful, but our gratitude is fueled by seeing God's blessings.
- Paul teaches in 1 Thessalonians 5:17–18 to rejoice, pray, and give thanks in all circumstances, not just in the good times. The key to doing this is knowing that God is in control and working things out for your good.

Episode 2

Episode 2: Segment 4

Video

Distribute the student questions.

Play the fourth segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- How is the self-esteem movement contradictory to the biblical answer for self-pity?
- What Bible verses can help you cultivate a high view of God?
- How will you develop an attitude of gratitude?

Answers

- The world tells you to believe in yourself, but the Bible tells you to believe in God, who is with you. It is a high view of God and confidence in Him that will help to uproot the sins of self-pity and bitterness.
- God has revealed Himself throughout Scripture. There are many examples of his wonderful works, and many passages that praise Him for his attributes and actions. Psalm 136 is one such passage that lists many reasons God is to be praised.
- One exercise that can help you to grow in thankfulness is to make a list of things that you are thankful to God for. Focusing on the blessings of God and thanking Him for them will build gratitude.

Main Ideas

- Christians are not supposed to wallow in self-pity, but Christians also should not have an overabundance of self-confidence. Rather, our confidence is in God. This biblical answer is contrary to the contemporary self-esteem movement.
- An ongoing cultivation of a high view of God is crucial to uprooting self-pity and bitterness.
- As you see God more clearly, it will cultivate in you greater hope and joy.
- When we see God's hand in everything, even the mistreatments of the past can lead to gratitude.
- If you are willing to seek God for who He is as He reveals Himself in Scripture, you will truly be on your way to being transformed.

Episode 2

Episode 2: Additional Resources

Articles

- *Our Refuge in the Storms of Life* by Steve Ham at <https://biblicalcounseling.com/resource-library/articles/our-refuge-in-the-storms-of-life/>
- *God Is in Control* by Lou Priolo at <https://biblicalcounseling.com/resource-library/articles/god-is-in-control/>
- *Helping Counselees with Blind Spots in Counseling* by Garrett Higbee at <https://www.biblicalcounselingcoalition.org/2020/03/13/helping-counselees-with-blind-spots-in-counseling/>
- *Praying Psalm 63* by Paul Tautges at <https://www.biblicalcounselingcoalition.org/2020/10/30/praying-psalm-63/>
- *Remembering God Action Plan* by Lucy Ann Moll at <https://www.biblicalcounselingcoalition.org/2022/11/25/remembering-god-action-plan/>
- *The Trap of Comparison* by Steve Hoppe at <https://www.biblicalcounselingcoalition.org/2022/02/02/the-trap-of-comparison/>

Episode 3

Episode 3: Segment 1

Instructions for Teachers

Please familiarize yourself with the topic before leading the class by reading, listening to, or watching the primary resources provided.

Primary Resources

Article:

Counseling Post-Traumatic Stress Disorder: Plotting the Course by Curtis Solomon at <https://biblicalcounseling.com/resource-library/essays/counseling-post-traumatic-stress-disorder-plotting-the-course/>

PTSD, Memories, and Biblical Counseling by John Babler at

<https://biblicalcounseling.com/resource-library/essays/ptsd-memories-and-biblical-counseling/>

Video

Distribute the student questions.

Play the first segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- Why is it misleading to talk about post-traumatic stress “disorder”?
- What things do you turn to for comfort, rather than turning to God?
- Why should you not let a diagnosis become a justification for sin?

Answers

- Although the diagnosis is called a disorder, it is entirely natural to feel the effects of witnessing an evil act, being abused, or being forced to commit an evil act.
- It is easy for us to turn to temporal things for comfort. Whether drugs, alcohol, relationships, career, or hobbies, anything other than Christ cannot bring true and lasting comfort.
- A sin—any sin—is an affront to the holy and righteous God. No amount of reasoning or excusing can change the fact that God abhors and judges sin. We should never use our struggles to justify sinful behavior. In doing so, we dishonor God and the atoning work of Jesus Christ.

Main Ideas

- “Post-traumatic stress disorder” is not a disorder. To feel the effects of trauma produces a wound that is entirely natural.
- Diagnoses shouldn’t become reasons to justify sinful actions.
- Biblical hope isn’t about a diagnosis or circumstances, but about what God in Christ has done.
- The Bible does address the emotions experienced in PTSD.
- God can heal those suffering with PTSD.

Episode 3

Episode 3: Segment 2

Video

Distribute the student questions.

Play the second segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- Where does Christian hope come from?
- How can you practically place your hope in God and His promises?
- Recognizing that the Bible speaks of trauma in different terms, what is a Bible verse you can memorize to encourage you to meditate on His promises?

Answers

- Biblical hope is something Christians have based on what Christ has done in your life. The essence of biblical hope is understanding God and His promises.
- One way to practically place your hope in God is to meditate on His promises, on the nature of the inheritance God has for you (1 Peter 1:3–5). As you keep these truths in mind, you will find yourself resting in confident expectation.
- Passages like 1 Peter 1:3–5, Philippians 3:20–21, Romans 8:28–30, Psalm 46, and others can be helpful in turning our attention to God and His promises.

Main Ideas

- The Bible must be applied to the heart that suffers from trauma. The Bible talks a lot about trauma and equips us with how to respond to trauma.
- The Bible is about framing reality, teaching us God's reality through the lens of Scripture.
- 1 Peter 1:3–5 teaches that hope is based on the work of Christ. The essence of biblical hope is going to be understanding God and His promises.
- The Bible can identify the source of your struggles and provide a path to healing.
- The Bible offers all the hope that you need but are lacking. Biblical hope says Jesus died for me and rose again, and I will rise with Him.

Episode 3

Episode 3: Segment 3

Video

Distribute the student questions.

Play the third segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- How does Psalm 19:7–11 challenge your view of God's Word?
- What have you allowed to take the place of God as your strength and comfort?
How has that failed to bring you true comfort?
- Why can these temporal measures not bring true healing?

Answers

- Even if we believe the Bible is true and applicable, it is easy to forget to treat it like the treasure it is. We often forget that it is applicable to our struggles and our every-day lives. Psalm 19:7–11 should challenge us all to remember the significant value it holds as the Word of God and to seek its counsel.
- While drugs and alcohol are common substitutes for God's strength and comfort, there are many other things we allow to take the place of God in our lives: relationships, success, food, etc. Although we may find some temporary relief in these temporal escapes, they fail to bring lasting comfort and often leave us feeling worse than before.
- Temporal comforts like alcohol and drugs are merely placebos that temporarily mask grief and pain. They cannot touch the immaterial, internal suffering that only God can heal. They may provide momentary escape, but they do not offer comfort for a hurting soul or hope for the future.

Main Ideas

- Alcohol and drugs are placebos that temporarily masks your grief. God is a strong tower that provides peace, hope, and understanding.
- Psalms 19:7–11 speaks about the desirability of God's Word. We should seek what the Bible says about our struggles, because His Words are sure, accurate, and perfect and enlightens the eyes.
- Paul instructs us to think on whatever is true, honorable, and pure (Philippian 4:8). We must not get lost in our own thoughts, but seek to filter our thoughts through the pure Word of God.
- God wants to be our strength, fortress, and deliverer (Psalm 18:1–3). When anything else becomes our fortress and deliverer, we are putting that thing in the place of God.
- When we struggle with internal, immaterial, and spiritual things, God alone can bring true healing and comfort.

Episode 3

Episode 3: Segment 4

Video

Distribute the student questions.

Play the fourth segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What rubric does the Bible offer for right thinking?
- Practically speaking, who, or what, is God in your life?
- How can the Bible help you to heal from past trauma or suffering?

Answers

- Philippians 4:8 serves as a rubric for right thinking as you evaluate each thought and begin to recognize what thoughts are true, just, and commendable.
- We may pay lip service to God, but who or what do we run to when we seek comfort, strength, or deliverance? If we intentionally reflect on where we place our trust and our time, we may find that we have allowed something to take God's rightful place as our rock.
- When we interpret our lives according to the Bible and let God's Word frame our trauma, we learn to keep our eyes on eternal realities and to respond to our circumstances in a biblical way. Hope, joy, and satisfaction then result from living according to God's standards.

Main Ideas

- Emotional healing is not an event, it is a process.
- Philippians 4:8–9 provides a rubric for determining whether your thoughts are just, commendable, and true.
- Psalm 18: 1–3 reminds us that God is our strength, refuge, and deliverer—not our circumstances or any temporal substitute.
- We must allow the Bible to frame the reality of our trauma. As we keep our eyes on eternal realities, we can maintain a biblical understanding of the past and discover how we should respond going forward.
- Hope, joy, and satisfaction are a result of living according to God's standard. God has a plan for your life. If you're willing to interpret your life according to God's Word, you'll be on the path to being truly transformed.

Episode 3

Episode 3: Additional Resources

Articles

- God's Redemptive Use of Trauma (Part 1) by Matthew Statler at <https://biblicalcounseling.com/resource-library/articles/gods-redemptive-use-of-trauma-part-1/>
- God's Redemptive Use of Trauma (Part 2) by Matthew Statler at <https://biblicalcounseling.com/resource-library/articles/gods-redemptive-use-of-trauma-part-1/>
- Helping Marriages through Post-Traumatic Stress Disorder by Greg E. Gifford at <https://biblicalcounseling.com/resource-library/essays/helping-marriages-through-post-traumatic-stress-disorder/>
- Psalm 57: Taking Refuge in God by Kim Anderson at <https://biblicalcounseling.com/resource-library/articles/psalm-57-taking-refuge-in-god/>
- These Present Sufferings by Margaret Glass at <https://biblicalcounseling.com/resource-library/articles/these-present-sufferings/>

Episode 4

Episode 4: Segment 1

Instructions for Teachers

Please familiarize yourself with the topic before leading the class by reading, listening to, or watching the primary resources provided.

Primary Resources

Article:

What Prizing God's Beauty Produces by Paula Higuchi at

<https://biblicalcounseling.com/resource-library/articles/what-prizing-gods-beauty-produces/>

Being Beautiful . . . in God's Eyes by Lilly Park at

<https://www.biblicalcounselingcoalition.org/2016/06/15/being-beautiful-in-gods-eyes/>

Video

Distribute the student questions.

Play the first segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What is beauty and where does it come from?
- How do you feel God sees you?
- As we seek to eradicate internal ugliness—sin—does that make us more beautiful to God?

Answers

- The world defines beauty by external factors, but true, objective beauty is defined by the Creator Himself. Man looks at the outward appearance, but God looks at the heart (1 Samuel 16:7).
- We are beautiful to God because we are His creation and because, as Christians, we are hidden in Christ. He does not account beauty as the world does, by looking at outward appearance and adornment.
- It is pleasing to God when we grow in holiness, but God cannot be more pleased with us than he already is because we are in Christ. We seek to mortify sin in our lives because God loves us, not to earn his love.

Main Ideas

- Man looks at the outward appearance, but God looks at the heart.
- God is the Creator and defines beauty.
- The Bible tells us that we are loved by God because of what Jesus did for us. Our external adornment cannot add anything to that truth.
- God sees us as beautiful because we are hidden in Christ, the lovely One.
- Because we are so loved by God, we seek to eradicate internal ugliness—sin. But God cannot be any more pleased with us than He already is because we are in Christ.

Episode 4

Episode 4: Segment 2

Video

Distribute the student questions.

Play the second segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- How can body image issues result from fear of man rather than God?
- How have you found beauty according to your own standards to be perishable?
- What is God's standard of beauty, according to Peter?

Answers

- The world tells us that beauty is external, but God sees the heart. When we are overly concerned with our external appearance, we are saying that the standards of men are more important than the standards of God.
- Even if you meet your own expectations of beauty, it is perishable. Your weight may fluctuate; your face may break out; your hair will turn gray; worldly fashions will change. The pursuit of worldly beauty is a vain pursuit.
- The imperishable beauty that God desires is a gentle and quiet spirit, an internal character that imitates Christ. God is fully pleased with you if you are in Christ, and His desire for you is to grow the beautiful attributes of the Holy Spirit.

Main Ideas

- The standard of beauty of the only Judge that really matters is found in the Bible.
- A root of body image issues can be fear of man, rather than fear of God.
- Proverbs 31 describes a godly woman whose beauty is found in her internal character and her fear of the Lord.
- Peter encourages the believers to let your focus be on the hidden person of the heart. He points to a Christ-like attitude, a gentle and quiet spirit, as beauty that cannot perish. Even if you meet your own standards of beauty, it would still be perishable.
- God delights in internal beauty. Rest in the knowledge that God is fully pleased with us in Christ and His concern for us is internal attributes like the fruit of the Spirit.

Episode 4

Episode 4: Segment 3

Video

Distribute the student questions.

Play the third segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- How can insecurity over body image be related to idolatry?
- Why should you not view the perceived flaws on your body as design errors?
- How can you be genuinely thankful to God for the things you don't like about yourself?

Answers

- Body image issues often arise when physical appearance becomes our idol. Whether the pursuit of worldly beauty consumes our time and effort or our inability to attain the world's standards leads us to depression and self-loathing, physical appearance has become an idol.
- God is the Creator and He formed you in your mother's womb. God is the perfect designer, and He formed you exactly as He wanted you to be. God doesn't make mistakes. When we fear God and recognize Him as Creator and Designer, we must trust in His design.
- Genuine gratitude is informed by understanding God's will and purpose. God doesn't make mistakes; His design has purpose. Understanding and surrendering to His will can help you to cultivate genuine thankfulness and even appreciate the things you previously viewed as flaws.

Main Ideas

- Before you were born, God designed you and made you in your mother's womb.
- A root of body image issues can be making physical appearance an idol.
- Understanding ourselves starts with understanding God and His creative work (Genesis 1:26–27). He made man in His image, distinct from the rest of creation and with special care and purpose. Psalm 139:13–16 also teaches us that God specially formed you. We believe that God is Creator and that He had a design, but we have to trust in that design.
- The gratitude in 1 Thessalonians 5:16–18 is informed by understanding God's will. This is the genuine form of gratitude and thanksgiving, where we can be truly thankful for God's design so that we wouldn't change it even if we had the opportunity.
- You must let God's definition of beauty be what you're setting as the standard, and let that inform you every day so your adornment isn't external but internal with a focus on Christ-like character in your life.
- The perceived flaws on your body are not design errors; they are custom-made designs. You are fearfully, wonderfully, precisely, exactly made by God.

Episode 4

Episode 4: Segment 4

Video

Distribute the student questions.

Play the fourth segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- How can you overcome the worldly messages that emphasis physical appearance?
- Why might keeping a list of intrusive thoughts be helpful in dealing with insecurity?
- What verse or passage of Scripture can you memorize to help you fight against physical insecurity?

Answers

- You can overcome the messages of the world by persistently and intentionally filling your mind with God's Word and His definition of beauty. Actively pursue godliness as of utmost importance, and the messages of the world will begin to lose hold in your life.
- By keeping a list of intrusive thoughts, you can identify the lies that you've internalized and counter them with Scripture. In doing this, those thoughts lose their power as the Word of God dwells richly in you.
- Psalm 139:13–16 is a powerful passage when it comes to understanding and accepting God's design and purpose in your life. Other helpful verses may include Genesis 1:27, 1 Samuel 16:7, and Psalm 147:10–11.

Main Ideas

- We can overcome the countless messages that elevate physical appearance above heavenly treasures by persistently, consistently, and willfully filling our brains with God's definition of beauty.
- If you will begin to battle the messages of the world with the Word of God, you will be on the road to being transformed.
- Intrusive thoughts that come seemingly out of nowhere can illuminate lies that should be countered with biblical truth. We must learn to pursue God's standards rather than those of the world.
- You can know that God defines beauty and you must accept it. God is the authority of what beauty genuinely and truly is.

Episode 4

Episode 4: Additional Resources

Articles

- *The Prideful Heart* by BCC Staff at
<https://www.biblicalcounselingcoalition.org/2014/03/05/the-prideful-heart/>
- *The Sin of Insecurity* by Jeremy Pierre at
<https://www.biblicalcounselingcoalition.org/2011/08/17/the-sin-of-insecurity/>
- *Finding Security in the Midst of Our Insecurities* by Jonathan Holmes at
<https://www.biblicalcounselingcoalition.org/2014/12/23/finding-security-in-the-midst-of-our-insecurities/>
- *The Trap of Comparison* by Steve Hoppe at
<https://www.biblicalcounselingcoalition.org/2022/02/02/the-trap-of-comparison/>

Conference Messages

- *Vanity or Body Image Problem?* by Martha Peace at
<https://biblicalcounseling.com/resource-library/conference-messages/vanity-or-body-image-problem/>
- *Help for Eating Disorders and Distorted Thinking* by Kimberly Clark at
<https://biblicalcounseling.com/resource-library/conference-messages/help-for-eating-disorders-and-distorted-thinking/>

Episode 5

Episode 5: Segment 1

Instructions for Teachers

Please familiarize yourself with the topic before leading the class by reading, listening to, or watching the primary resources provided.

Primary Resources

Article:

The Glory of God and the Goal of Biblical Counseling by Kyle Gangel at

<https://biblicalcounseling.com/resource-library/articles/the-glory-of-god-and-the-goal-of-biblical-counseling/>

Why Change Is Possible by Kevin Carson at

<https://biblicalcounseling.com/resource-library/articles/why-change-is-possible/>

Video

Distribute the student questions.

Play the first segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- How does Katie's transformation encourage you?
- What makes biblical counseling a better path than psychotropic medicines?
- When you begin to allow fear to become bigger than God, how will you respond differently?

Answers

- The testimony of other Christians' transformations can be inspiring to us by demonstrating that healing is possible, whether you are dealing with the same issue or not. Katie's testimony also demonstrates how successful biblical counseling can be in dealing with real life issues.
- Medicines may mask emotional struggles, but biblical counseling tackles the roots of sin head-on, pointing to Jesus and encouraging sanctification. Medicine may help you feel better, but biblical counseling helps you to truly heal.
- We must recognize that God is greater than any of the things we can fear. Our greatest fear can only affect this life; it is God who has authority over the eternal soul.

Main Ideas

- According to the Bible, the antidote to fear and anxiety is to fear the Lord more and to trust Him more.
- Any plan God has for your life, whether you see it as good or bad, is for His glory and for your ultimate good.
- By prescribing psychotropic medicines, secular psychiatry labels a person with an illness, rendering their ability to overcome a sin problem unnecessary.
- As a society, we look to medicine to solve our problems fast and without effort. But these medicines merely mask an emotional struggle. Biblical counseling tackles the sin issue head-on, pointing people to Jesus and encouraging them to work out their salvation.
- Biblical counseling is challenging and somewhat demanding, but it is worth the effort.
- Matthew 10:28 shows us that our fear becomes sinful when anything else begins to get bigger than our fear of the Lord. We must fear the Lord, not man.

Episode 5

Episode 5: Segment 2

Video

Distribute the student questions.

Play the second segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- Why should you not try to take on the weight of the world?
- What truth can help you to trust God with your life?
- How can recognizing how God is working in your life help you to fight irritability?

Answers

- Only God is qualified to run the universe. We are called to simply be faithful and trust the results to the sovereign Creator.
- Studying the bigness, sovereignty, and omnipotence of God can help us to trust Him with life and the struggles we face. As Psalm 127 teaches, our work is in vain without trust in the work of the Lord.
- When we know God's Word and see the work of God in our lives, we can trust in Him to handle our troubles. We can find rest in Him, and we can be excited and encouraged by the work we see Him doing. Irritableness can give way to eager faithfulness.

Main Ideas

- God is independent and self-sufficient. We are not.
- Psalm 127:1–2 teaches us that without trust in the Lord, no matter how hard our efforts are, they ultimately do not succeed.
- Knowing and understanding God's Word and how He's working in our lives can help us to respond to our circumstances more appropriately.
- Everything that we face in life has its core answer in the Word of God.
- God is the only one qualified to run the universe. By studying the bigness, sovereignty, and omnipotence of God, we can grow in our understanding that the Christian is not meant to carry the weight of the world but to be faithful and leave the results to God.

Episode 5

Episode 5: Segment 3

Video

Distribute the student questions.

Play the third segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- How is the self-esteem movement anti-biblical?
- How have you been duped by the self-love philosophy?
- What differences have you seen your life when you are focused on loving God and putting your confidence in His work?

Answers

- The self-esteem movement claims that the key to success in life is a higher view of self. But the Bible teaches the opposite. We must have an accurate view of ourselves, recognizing that our strength is in Christ and His work.
- The philosophy of self-love and self-esteem is dangerous because it is so subtle. It sounds like something God would want, and many Christians appeal to the “God is love” argument. But God’s love doesn’t look like the world’s love. Biblical love is self-sacrificing, not self-gratifying.
- When we place our confidence in ourselves, we either build a false confidence which becomes pride, or we come to despair when we fail again and again. When we place our confidence in Christ, we find security, joy, and peace.

Main Ideas

- The idea that self-esteem is the key to success in life is anti-biblical but found great acceptance in Western culture.
- It is important to understand where you stand in relationship to God, so that you won’t walk in pride.
- The world says Jesus must decrease and I must increase; the Bible says just the opposite. The less we think about ourselves, the more security, joy, and confidence we will possess as Jesus increases in our lives.
- The Bible doesn’t call you to place more confidence in your flesh or in your own strength, but to place your confidence in Christ (Philippians 3:3–7).
- Self-esteem can become irresponsible, maybe even prideful. The Bible doesn’t want you to think terrible thoughts about yourself, but soberly and accurately, recognizing Christ’s work in your life.

Episode 5

Episode 5: Segment 4

Video

Distribute the student questions.

Play the fourth segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What is the worst outcome you have experienced due to anxiety?
- What is the three-pronged biblical solution to anxiety as described in Philippians 4?
- How does thinking about anxiety through this biblical lens help you to be more hopeful?

Answers

- Anxiety is a common struggle. Our anxiety tells us that we are in control and to stay in control we have to find the resources and the solution for our issues. This weight of responsibility is not reasonable or realistic, and we can all acknowledge that anxiety is never helpful.
- In Philippians 4:6–9, Paul says that we should not be anxious. Instead, we should engage in biblical prayer, biblical thinking, and biblical action.
- Struggling with anxiety can often seem hopeless as we fail to control what we feel like we should control. But when we think biblically about anxiety, there is a real, practical solution through prayer, biblical thinking, and faithful action.

Main Ideas

- The Bible tells us not to be anxious (Philippians 4:6) and gives us the antidote for anxiety.
- The antidote to anxiety is biblical prayer (Philippians 4:6–7) Anxiety tells you that you are in control, you have to fix this, you have to find the resources, you have to stay in control. Prayer does the opposite by recognizing that God is in control, has the resources, and is bigger than the issues.
- Biblical thinking is another aspect of the antidote to anxiety. We must guard our minds with the truth of Scripture, thinking on the things that are true, honorable, and just (Philippians 4:8).
- God has given us responsibilities, and we must move to biblical action (Philippians 4:9). We pray, we think biblically, and then we move to faithfully do the things God has called us to do.

Episode 5

Episode 5: Additional Resources

Articles

- *The Pursuit of a Personal Utopia* by Julie Ganschow at <https://biblicalcounseling.com/resource-library/articles/the-pursuit-of-a-personal-utopia/>
- *God Is in Control* by Lou Priolo at <https://biblicalcounseling.com/resource-library/articles/god-is-in-control/>
- *Anxiety and Limitations* by Joe Hussung at <https://www.biblicalcounselingcoalition.org/2022/10/12/anxiety-limitations/>

Handout

- *If Not Self-Esteem, Then What?* By Brad Hambrick at https://www.biblicalcounselingcoalition.org/wp-content/uploads/2011/07/SELF_ESTEEM_article_Hambrick.pdf

Podcasts

- *Understanding Psychotropic Medication Biblically* with Dale Johnson, Dan Gannon, and Pam Gannon (Truth in Love Podcast) at <https://biblicalcounseling.com/resource-library/podcast-episodes/til-237-understanding-psychotropic-medication-biblically/>

Episode 6

Episode 6: Segment 1

Instructions for Teachers

Please familiarize yourself with the topic before leading the class by reading, listening to, or watching the primary resources provided.

Primary Resources

Article:

Breaking Free from the Performance Trap by Shannon Kay McCoy at <https://www.biblicalcounselingcoalition.org/2019/03/11/breaking-free-from-the-performance-trap/>

Counseling the Perfectionist by Cody Newcome at <https://biblicalcounseling.com/resource-library/articles/counseling-the-perfectionist/>

The Torment of Perfectionism by Rock Thomas at <https://www.biblicalcounselingcoalition.org/2012/04/17/the-torment-of-perfectionism/>

Video

Distribute the student questions.

Play the first segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What has your fear of failure kept you from attempting?
- How are you in danger of letting good things become an idol in your life?
- Does God expect you to be perfect?

Answers

- When we become a slave to the sin of perfectionism, a fear of failure can keep us from engaging in opportunities that may be intended for our sanctification.
- It is sometimes difficult to recognize idolatry in our lives when our idol is something that is actually good—an honorable desire, a commendable habit, a praiseworthy cause. But even these good things can become an idol in our lives when the pursuit of it claims all our focus and passion, to the neglect of God Himself.
- God does not expect us to be perfect. He does expect us to be faithful. While we should do everything with excellence, to the best of our ability, excellence is not defined as perfection. Our goal is to bring glory to God, not to demonstrate our own prowess.

Main Ideas

- A good desire can become an all-consuming passion, even to the point of being idolatrous.
- If you have a big view of God, your expectations of self are contextualized, biblical, and more accurate.
- Excellence is not defined as perfection, but faithfulness.
- As a Christian, we are called to do everything excellently, to the honor and glory of God (1 Corinthians 10:31). But honoring God does not require perfection on our part.
- Being a slave to the sin of perfectionism can lead to not doing certain things out of a fear of failure.

Episode 6

Episode 6: Segment 2

Video

Distribute the student questions.

Play the second segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- Next time you find yourself expecting perfection, what will you do differently?
- Is there a Bible verse you can memorize to help you elevate your view of God's sovereignty?
- How do you need to redefine your expectations of yourself?

Answers

- We must pray and entrust to God what is outside our control. Then we must continue to act faithfully, leaving the results to God.
- God is sovereign—He reigns over all things with all power and authority. When we forget that He is sovereign, we can look to many verses in Scripture, such as Job 42:2, Ephesians 1:11, Romans 8:28, and Isaiah 45:7–9.
- If we are Christians, we ought to do everything to the best of our ability, as working for the Lord (Colossians 3:23; 1 Corinthians 10:31). However, we should define excellence by the attitude with which we work rather than the outcome. We are successful when we act faithfully and leave the results to God.

Main Ideas

- God does not expect us to do everything excellently. Technically, we are incapable of doing all things excellently. Rather, He expects us to do all things faithfully and leave the results to Him.
- A root of perfectionism can be a low view of God's sovereignty.
- When you pray, it's a way of showing that you are not in control and God is. If we're not praying, it's usually because we have too much confidence.
- Like Nehemiah, we must entrust to God what is out of our control and take steps of faithful action. We must balance praying to God and taking faithful action.
- You're only a failure if you're dishonoring the Lord in your actions.

Episode 6

Episode 6: Segment 3

Video

Distribute the student questions.

Play the third segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- How do you need to recalibrate your understanding of humility?
- How does a big view of God's sovereignty help to fight against perfectionism?
- What gift or ability do you have that you have been setting your own expectations for? What will you change about your expectations?

Answers

- Many people often misunderstand humility to mean thinking lowly of oneself. But that isn't the biblical definition of humility, and in fact, a false humility can also be a form of pride as we focus on ourselves and our shortcomings. True humility is thinking accurately of self.
- As we understand the true nature of God's sovereignty, our perspective of self necessarily gets smaller. We recognize that we are not called to run the universe, control all outcomes, or do everything perfectly. This frees us to frame our expectations biblically, to do all things faithfully and let God be God.
- When we are truly humble, we can set aside our own definitions of success and look to God to frame our giftedness. We can look realistically at God's expectations, work at it faithfully, and see how He wants to use our gifts for His glory. A success by our own standards can be a failure if we aren't being faithful to God's calling. And a failure by our own expectations can be a success if we conducted ourselves faithfully.

Main Ideas

- The bigger God gets in our perspective, the smaller we get. And that's a very good thing.
- A root of perfectionism can be performance of self.
- When we take pride in our own successes and abilities, we set expectations of ourselves that are connected to pride rather than humility. If we define successes according to our own expectations rather than God's, it is just a form of pride.
- Even false humility can be prideful, since it seeks to focus on self. Humility isn't thinking lowly of yourself, it's thinking accurately about yourself.
- God wants us to be humble people who rely on God to frame our giftedness and help us utilize our giftedness.
- Perfectionism can cause us to focus on one thing to the point of ignoring other things you know you should be doing. If we're not careful, perfectionism can keep us from being faithful.

Episode 6

Episode 6: Segment 4

Video

Distribute the student questions.

Play the fourth segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- In what way do you need to trust God to handle the outcome?
- How has your understanding of perfectionism changed as a result of this episode?
- Which of these applications do you see as potentially helpful for you specifically?

Answers

- It can be hard to trust God in certain areas, especially in those where we hold too high expectations for ourselves. We must choose to trust that God is in control and will work all things out better than we ever could.
- Although we may toss around the label “perfectionist” in teasing, it is easy to think of it as a harmless character trait or an innate part of one’s personality. But perfectionism is a sin in that it elevates trust in self above trust in God. It may be subtle, but it is sin, nonetheless.
- The applications offered to Elyzabeth are ones that we can all benefit from. Even if we aren’t perfectionists in the typical sense of the word, we can all work more intentionally on trusting God, thinking rightly about ourselves, and living faithfully regardless of our feelings or circumstances.

Main Ideas

- “Trust is a vigorous act of the soul by which we choose to lay hold on the promises of God and cling to them despite the adversity that at times seeks to overwhelm us.”
- Perfectionism is sin that comes in and subtly takes God’s place in our lives, causing our expectations for ourselves to become bigger than what God expects of us.
- The sovereignty of God does not negate faithfulness or human responsibility, but cultivates it. We must simultaneously trust God in all things, but not abandon our responsibilities.
- Perfectionism takes away trust from God and puts it into our own abilities, which is pride, where we are placing confidence in our own flesh.
- We must not focus on the small things so that the small things keep us from being faithful. God wants us to be faithful to Him overall, and we can’t allow perfectionism to keep us from being faithful.

Episode 6

Episode 6: Additional Resources

Articles

- *Fear of Failure* by Shannon Kay McCoy at <https://www.biblicalcounselingcoalition.org/2016/04/04/fear-of-failure/>
- *Picture Perfect: The Problem (Part 1)* by Amy Baker at <https://www.biblicalcounselingcoalition.org/2014/04/07/picture-perfect-the-problem-part-1/>
- *Picture Perfect: The Root (Part 2)* by Amy Baker at <https://www.biblicalcounselingcoalition.org/2014/04/08/picture-perfect-the-root-part-2/>
- *Picture Perfect: The Remedy (Part 3)* by Amy Baker at <https://www.biblicalcounselingcoalition.org/2014/04/09/picture-perfect-the-remedy-part-3/>
- *Eight Reasons Perfection Does Not Glorify God* by Rick Thomas at <https://lifeovercoffee.com/eight-reasons-perfection-does-not-glorify-god/>

Episode 7

Episode 7: Segment 1

Instructions for Teachers

Please familiarize yourself with the topic before leading the class by reading, listening to, or watching the primary resources provided.

Primary Resources

Article:

Suffering for His Sake by Samuel Stephens at <https://biblicalcounseling.com/resource-library/articles/suffering-for-his-sake/>

Restoring Hope: Crisis Counseling for PTSD by John Foldberg at <https://www.biblicalcounselingcoalition.org/2018/11/14/restoring-hope-crisis-counseling-for-ptsd/>

Video

Distribute the student questions.

Play the first segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- Why do you think secular psychology and biblical counseling can come to such different conclusions?
- From a biblical perspective, what purpose does suffering have?
- What is the worst result you have experienced when you allowed fear to drive you?

Answers

- Secular psychology and biblical counseling often come to different conclusions, think about problems differently, and offer different solutions because they have different starting points. Unlike secular psychology, biblical counseling starts with God's Word and applies biblical truths to real life issues.
- The Bible teaches that there is purpose in suffering. Suffering can produce growth in godly character, opportunity to rely on and glorify God, and experience with which to minister to others.
- We may be tempted to fear, but the Bible teaches that we should not live in fear. We must not allow things of this world, which can only affect this life, control us through fear. Rather, we must fear the Lord alone.

Main Ideas

The ideas presented below represent some key concepts of the segment. You may share these with the class if you have extra time for discussion.

- Secular psychology has determined that negative emotions that have their genesis in traumatic events is a disease. But being traumatized is the correct human response to awful events. An image bearer of God who has witness or experienced evil and doesn't have an emotional response is actually disordered.
- Though we may be tempted to fear, we never have to give in to that fear. Our fear shouldn't be placed in anything else, ultimately, except for God.
- The Bible teaches that there is purpose in suffering. Paul teaches that tribulations should be celebrated for the blessings they can produce.
- To recognize only how suffering can be used to help others is a small view of suffering. God's purpose in suffering may include others, but it also includes how God is working in our own life and changing us.

Episode 7

Episode 7: Segment 2

Video

Distribute the student questions.

Play the second segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- How have you seen the benefits produced by a struggle in your life?
- How is God glorified in our suffering?
- When you encounter suffering, how will you approach it differently?

Answers

- Often times, suffering draws us to God and helps us to rely on Him in ways that times of peace and ease never do. Suffering can help us to learn and to grow in our Christian walk.
- God can be glorified through our suffering when His purpose is accomplished in our lives. When we are conformed more and more into the image of Christ, He is glorified. When we respond in faithful ways, refusing to sin and trusting in God, He is glorified. When we endure through suffering and are delivered, He is glorified.
- When we have a biblical view of suffering, we recognize that our goal is not to be rid of the suffering, but to endure faithfully and glorify Him during the season of suffering. This understanding can help us not to respond in sinful ways, but to trust and honor God.

Main Ideas

- It is not a sin to desire to avoid suffering. But suffering does produce benefits, and sometimes it is only suffering that can teach us, grow us, or conform us into the image of Christ.
- Peter teaches that our sufferings are a means of God accomplishing His purpose in our lives.
- Suffering has a way of helping us to depend on God and draw us closer to Him in a way that times of peace or ease never do.
- In order for us to suffer well, we have to choose to glorify God in our suffering.
- If my vision of the good life is to glorify God, then my goal is not to get rid of the suffering, but to glorify Him in this season of suffering.

Episode 7

Episode 7: Segment 3

Video

Distribute the student questions.

Play the third segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- How does Romans 6:6 give you hope regarding your struggle with sin?
- What labels have you been hiding behind? How will you view your struggles differently?
- What is a practical way you can fight to overcome a common temptation to sin when it next arises?

Answers

- Romans 6:6 tells us that when we became a Christian, we were set free from our old life and our old nature. We no longer have to be driven by sin. We are no longer enslaved to sin.
- It is easy to apply a psychological label to a problem and then hide behind it, excusing ourselves from dealing with sin in our lives. But blaming a disease or disorder for our poor conduct does not please God and it doesn't offer any hope. Rather, we should interpret our struggles through the lens of the Bible and, though it requires effort, use the opportunity to grow in holiness.
- Having a correct perspective of our problems and recognizing the liberty we have to escape the snare of sin can help us to refuse to fall into temptation. It is also helpful to identify specific verses to memorize and meditate on or specific methods of accountability that can be employed when the temptation arises.

Main Ideas

- PTSD takes fear, which can be healthy and right, and misplaces it. The Bible teaches that we should not fear man, because the worst he can do is kill us.
- No matter the pressure you face, no matter the suffering you face, there will never be a situation that you are in that you have to give in to sin.
- When we become a Christian, God sets us free from the bonds of sin. Because of the work of Christ on our behalf, the person we were before salvation is dead. We are no longer slave to sin.
- Applying a psychological label to certain struggles (1) allows a person to not battle a sin problem because it is seen only as a disease, (2) allows a person to blame their bad behavior on the diagnosis, and (3) robs the person of hope.
- A Christian is a new creation in Christ with a new identity, which means that we have access to power to overcome sins and find victory over our emotional challenges.

Episode 7

Episode 7: Segment 4

Video

Distribute the student questions.

Play the fourth segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What hope does the Bible offer for the one who has suffered trauma?
- Why should we not be motivated by fear?
- What verse of Scripture will you memorize to help you honor God in suffering?

Answers

- The Christian is not defined by the past or by an event, but by the work of Christ in his or her life. A biblical perspective gives purpose to suffering, freedom from sinful responses, and hope of victory.
- God doesn't want us to be motivated by fear of man who can only kill the body. We shouldn't allow fear of temporal things become bigger than our faith in God and our commitment to live faithfully. When we truly fear the Lord, earthly fear can be overcome.
- There are many verses that can encourage and undergird the sufferer, including 1 Peter 5:10–11, Psalm 56:3, and Psalm 119:71.

Main Ideas

- There is much hope for those who have suffered from traumatic experiences, but there is also much responsibility. We must reorder our thinking, which takes effort.
- In looking at our past, we need to recognize that there were times when we were wrong, and we need to repent of those. But there were also times when we were not wrong, and we have to distinguish between those situations.
- God's Word shows that in suffering, God can be glorified and He wants to do good.
- We cannot be motivated by fear, but must be motivated by faith. The only way to do that is to make God the ultimate object of fear.

Episode 7

Episode 7: Additional Resources

Article

- *Helping a Family Member Struggling with PTSD Symptoms, Part One—Biblical Understanding* by Greg Gifford at <https://www.biblicalcounselingcoalition.org/2015/01/05/helping-a-family-member-struggling-with-ptsd-symptoms-part-one-biblical-understanding/>
- *Helping a Family Member Struggling with PTSD Symptoms, Part Two—Biblical Wisdom* by Greg Gifford at <https://www.biblicalcounselingcoalition.org/2015/01/06/helping-a-family-member-struggling-with-ptsd-symptoms-part-two-biblical-wisdom/>
- *Look to Jesus When Facing Trauma* by Dave Dunham at <https://www.biblicalcounselingcoalition.org/2020/06/12/look-to-jesus-when-facing-trauma/>

Podcasts

- *Demystifying PTSD* by Curtis Solomon (BCC's 15:14 Podcast)
 - Part 1 (Ep. 067): <https://www.biblicalcounselingcoalition.org/podcast-episode/1514-ep-067-demystifying-ptsd-part-1/>
 - Part 2 (Ep. 068): <https://www.biblicalcounselingcoalition.org/podcast-episode/1514-ep-068-demystifying-ptsd-part-2/>
- *A God-Centered Theology of Suffering* by Dale Johnson and Paul Tautges (Truth in Love 252 Podcast) at <https://biblicalcounseling.com/resource-library/podcast-episodes/til-252-a-god-centered-theology-of-suffering-feat-paul-tautges/>

Episode 8

Episode 8: Segment 1

Instructions for Teachers

Please familiarize yourself with the topic before leading the class by reading, listening to, or watching the primary resources provided.

Primary Resources

Blog Article:

“Biblical Reasons Not to Worry” by Armand Tiffe at <https://biblicalcounseling.com/resource-library/articles/biblical-reasons-not-to-worry/>

Video:

How to Deal With Anxiety by Lou Priolo at <https://www.competenttocounsel.org/how-to-deal-with-anxiety/>

Video

Distribute the student questions.

Play the first segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- How many of the traits characteristic of ADHD might apply to you?
- How does recognizing the lack of scientific standard for diagnosing ADHD cause you to think about the issue differently?
- What is the relationship between discipline and feelings?

Answers

- There is no scientific standard for diagnosing ADHD, and the characteristic traits are those that most people struggle with at some time or another. The biblical truths that apply to someone who has been diagnosed with ADHD can apply to all of us in certain areas of our lives.
- We may be tempted to think of psychological diagnoses with the same weight as a medical diagnosis. But in truth, there is no standard for making such a diagnosis. A psychological diagnosis is one made when there is no known biological cause for the symptoms. This should encourage us to look to the Bible, rather than modern psychology, for a solution.
- Discipline occurs when we do what we know is right in spite of feelings that want to lead us in another direction. Biblical discipline is faithful Christian living.

Main Ideas

The ideas presented below represent some key concepts of the segment. You may share these with the class if you have extra time for discussion.

- Attention Deficit Hyperactivity Disorder is a clinical diagnoses for those who exhibit impulsiveness, disorganization, problems prioritizing, poor time management skills, and problems focusing.
- There is no scientific standard for diagnosing ADHD, and no scientific test to identify the biological cause of ADHD.
- The Bible can speak and apply to ADHD.
- We have to discipline ourselves and sometimes do things we really don't want to do in order to be faithful to Christ. When we allow the Bible to interpret our challenges, the process of victory over panic and worry can begin.

Episode 8

Episode 8: Segment 2

Video

Distribute the student questions.

Play the second segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- Is a lack of healing necessarily a testament to a lack of faith?
- How does your view of the Bible need to be heightened?
- Why should we use caution is using medication to treat emotional, psychological, and spiritual issues?

Answers

- Although there are times in Scripture where a person was healed because of their faith, God does not promise a direct correlation. God chose not to remove Paul's thorn in the flesh (2 Corinthians 12), though we would not expect the apostle had a weak faith. Rather, God had a purpose for Paul's suffering, and Paul continued to act faithfully in spite of the thorn.
- We likely all acknowledge that the Bible is useful for learning moral lessons, general life applications, and godly character. But God's Word is so much more than that. It is the very lens through which we should view everything in the world. It is our authority in every area, and it provides everything we need to know to be equipped to do every good work God has called us to do.
- A medical disorder has a biological cause that can be targeted with medication. A psychological disorder, however, deals with the immaterial part of man—the emotions, the mind, the spirit. While medical treatment is reasonable for physical ailments, the Bible is best for diagnosing immaterial ailments.

Main Ideas

- We must exercise caution when it comes to using medication for emotional, psychological, and spiritual issues.
- A psychological disorder is different from a medical disorder in that there is not always a known biological cause, which leaves us to wonder what is the cause.
- Biblically, there are times that it is not because we lacked faith that God doesn't remove the thorn in the flesh. The vision of success is that if we experience those, we still respond in a way that is faithful and honoring to the Lord.
- The Bible isn't only a grounds for learning about life lessons and character, but it is the lens through which we can view everything. While the Bible doesn't tell you everything you can know, it does tell you everything you need to know regarding every good work.
- As Christians, we should use the Bible to diagnose what might really be ailing you and then apply the biblical solution for real change and growth.

Episode 8

Episode 8: Segment 3

Video

Distribute the student questions.

Play the third segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- How might your “disorder” be a blessing?
- Why should you use the Bible to frame your feelings?
- How does thinking of a diagnosis like ADHD as an issue of giftedness and God’s unique design for you change your perspective?

Answers

- From a worldly perspective, many of these difficulties are labeled as disorders or diseases. But when we think of the unique way that God has blessed us with different giftedness, we begin to see that just because you may be designed to operate a little differently than others doesn't mean you are defective.
- When we use the Bible to frame our feelings, we learn not to be motivated or driven by our feelings but to interact with them in a way that is biblical and honors God.
- If ADHD (or similar) is the result of God's unique design for you, then it is no longer a defect to be cured. Rather, it is a blessing to be understood and applied. The Christian is not under pressure to change what God has designed, but to learn how best to use that giftedness for God's glory.

Main Ideas

- The way God uniquely knit you together in your mother's womb might indicate that you don't have a disorder but that you were simply designed to operate a little differently than most people. In this case, it isn't a disease, it is a blessing.
- The Bible frames our feelings and emotions. It isn't that our feelings must go away, but that we learn how to interact with them.
- Ultimately, we must ask what is the authority I'm going to be led by—my feelings or the Word of God?
- Self-control is not about denying ourselves and leaning on our own strength, but denying ourselves and leaning on Christ's strength.
- Perhaps your difficulty completing tasks is simply because you were not designed to enjoy particular ways of accomplishing goals. This does not give you a license to be lazy, but it frees you to recognize how God made you and then do your best to apply yourself.

Episode 8

Episode 8: Segment 4

Video

Distribute the student questions.

Play the fourth segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- How have you been persuaded of the superiority of secular psychology? Has your view changed?
- What is the biblical view of self-control and discipline?
- What is a Bible verse that can help you be motivated by faith rather than feelings?

Answers

- Many Christians have been persuaded that secular psychology is superior to biblical counseling, whether because of an inflated view of psychology or a small view of Scripture. Secular psychology is often perceived as a robust academic field with strong ties to medical science, and the Bible is often seen as inadequate to deal with complex mental health issues. However, this is an incorrect understanding of both. Ultimately, the Bible is sufficient and any psychological diagnosis must be filtered through the lens of God's Word.
- Biblical self-control is not a reliance on one's own strength, but resting in the strength of Christ. It is the practice of letting biblical truth, rather than your feelings, inform your actions.
- We all have moments when our feelings do not align with what God calls us to do. In those moments, we must choose to be faith-motivated rather than feelings-motivated. The examples in Hebrews 11 can be encouraging to us in this endeavor, as well as 1 Corinthians 9:24–27, Titus 2:12, Hebrews 12:2, or Galatians 6:9.

Main Ideas

- Many people assume that secular psychology is a robust academic field but biblical counseling is not. Some believe that the disease model of psychiatry is necessary because our emotional issues are too complicated for the Bible to handle. Neither of these excuses are true.
- Biblical self-control and discipline isn't a "pull yourself up by the bootstraps" mentality, but the practice of letting biblical truth inform your actions, rather than your feelings.
- There are examples in Scripture of those whose feelings about a situation did not match what God was calling them to do, but they were motivated by faith rather than their feelings.
- Any psychological diagnosis must be interpreted through the lens of the Bible, as well as our response to the tendency to be distracted, feelings-led, or impulsive.
- God's Word is sufficient and has spoken on matters such as those of mental health.

Episode 8

Episode 8: Additional Resources

Articles

- *Self-Control: Evidence of Salvation and Protection of Faith* by Greg E. Gifford at <https://biblicalcounseling.com/resource-library/articles/self-control-evidence-of-salvation-and-protection-of-faith/>
- *Saddling Your Emotions* by Hayley Satrom at <https://www.biblicalcounselingcoalition.org/2012/05/08/saddling-your-emotions/>
- *Listening to Prozac . . . and to the Scriptures: A Primer on Psychoactive Medications* by Michael R. Emlet at <https://www.biblicalcounselingcoalition.org/wp-content/uploads/2014/08/Listening-to-Prozac.pdf>
- *Self-Control as a Fruit of the Spirit and Implications* by Brad Hambrick at <https://www.biblicalcounselingcoalition.org/2018/12/17/self-control-as-a-fruit-of-the-spirit-and-implications/>

Podcasts

- *Christians Don't Need Secular Therapy* with Heath Lambert (Truth in Love Podcast) at <https://biblicalcounseling.com/resource-library/podcast-episodes/til-122-christians-dont-need-secular-therapy/>
- *The Bible of Psychiatry* with ale Johnson an Samuel Stephens (Truth in Love Podcast) at <https://biblicalcounseling.com/resource-library/podcast-episodes/the-bible-of-psychiatry/>

Episode 9

Episode 9: Segment 1

Instructions for Teachers

Please familiarize yourself with the topic before leading the class by reading, listening to, or watching the primary resources provided.

Primary Resources

Article:

Learning Contentment by Rebecca Maketansky at

<https://biblicalcounseling.com/resource-library/articles/learning-contentment/>

Practicing Contentment by Stephen Yuille at

<https://biblicalcounseling.com/resource-library/articles/practicing-contentment/>

Video

Distribute the student questions.

Play the first segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- How is the idea of biblical shalom different than a worldly understanding of peace?
- How might memorizing John 14:27 help you when you struggle to find peace?
- What is your worst experience that resulted from going somewhere other than God for comfort and peace?

Answers

- We often think of peace in terms of tranquility and quiet, usually tied to a pause in circumstances, a time of rest and relaxation. But biblical peace is independent of circumstances. It is a state of being in peace in every aspect of life because of the comfort found in Christ. It is the serenity of soul rather than circumstance.
- John 14:27 can be encouraging and instructive. It reminds us that we can find peace in Jesus Christ; in fact, He promises it. But it can also help us to remember and understand that His peace is not like the world's peace and that it is His peace alone that will guard us from trouble and fear.
- If we look to the world's comforts, we will at best be temporarily relieved and more often left worse than before. Ultimately, God has to be where we go for comfort.

Main Ideas

- Shalom is a Hebrew word that describes a state of being that is at peace in every aspect of life.
- Ultimately, God has to be where we go for comfort. When we do that, it will affect the amount of anxiety we feel when we experience rejection from others.
- In John 14:27, Jesus promised to give peace to His disciples. Jesus doesn't just offer any peace—He offers His luxurious, all-encompassing peace.
- The world's peace cannot remotely compare to the peace that Jesus uniquely offers.
- When we lack the peace of Jesus, then we will be troubled and afraid; if we possess the peace of Jesus, we will not be troubled or afraid.

Episode 9

Episode 9: Segment 2

Video

Distribute the student questions.

Play the second segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What does it mean to fear man?
- Why should you not seek the approval of man?
- How does God see you because you are in Christ?

Answers

- A fear of man doesn't necessarily mean that we are terrified of them, but it means that we have elevated them to a place of reverence and honor, giving credence to their opinions and seeking their approval. This is giving them the position that rightly belongs to God.
- Man is fickle and his approval is temporary and meaningless. But more importantly, when we seek the approval of man, we are not focused on being a good and faithful servant of God. To serve God well, we must be consumed with pleasing and honoring Him, not man.
- Because you are in Christ, you are approved by God just as completely as He approves the Son. In Christ, you are approved by the King of kings, and you are His beloved child.

Main Ideas

- If you are in Christ, you are not just approved by the King of kings, you are His beloved child.
- A root of discontentment can be the fear of man.
- The fear of man is not that we are terrified by them, but we're giving them reverence and honor, letting them take the place of God in that we seek their approval.
- If our ultimate trust is in the Lord, we won't be terrified of rejection because we know we will never be rejected by the Lord.
- To be faithful to God, we have to seek His approval ultimately. If I'm living for man's approval, I'm not going to be a good servant of Christ.
- Because you are in Christ, God already approves you just as completely as He approves the Son.

Episode 9

Episode 9: Segment 3

Video

Distribute the student questions.

Play the third segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- Where do you find peace?
- Why is comfort not found in withdrawing from a troubling situation?
- How is the comfort that God grants different than being comfortable?

Answers

- We may think of a certain person or place that we go to in order to find peace or rest from chaos. But the reality is that all true peace comes from God. People can be ministers of peace, but not the source of peace. All peace originates from God. Even if we have no access to that person or place we often turn to, our peace is not diminished, because the source of peace is God Himself. The peace we seek in the difficult moment is not necessarily in a new environment or circumstantial chance, but that God would bring peace in that difficult time.
- Withdrawing from a troubling situation may temporarily ease your discomfort, but it does not secure peace or comfort. For those are found only in relying on God despite your circumstances.
- We often seek to be comfortable in situation, at ease and untroubled by circumstance. But God often calls us beyond our beloved zone of comfort so that we must rely on Him for comfort. When we experience God's comfort, we can find rest even in the most uncomfortable situations.

Main Ideas

- Jesus promises that every believer can have genuine, rich, lavishing, all-encompassing peace.
- A root of discontentment may be the idol of comfort.
- All peace is traced back to God Himself. People can be ministers of peace, but they are not the source of peace.
- The goal is not to change our circumstances to find peace, but to ask God to grant us peace and comfort in the middle of those circumstances.
- Comfort is actually something God promises, but it doesn't always come in the way we would expect. We can pray for comfort, and then continue to be faithful to the task He has entrusted to us that day.
- When searching for peace and comfort, it doesn't help to withdraw from the pressure and difficulty, but rather to collect ourselves and remind ourselves of the truth of who God is and then enter back into that difficult task He has called us to.

Episode 9

Episode 9: Segment 4

Video

Distribute the student questions.

Play the fourth segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What is our responsibility in pursuing God's peace?
- How might meditating on God's attributes help to fight the sin of discontentment?
- Why is it important to remain connected to a local church?

Answers

- God promises peace to His children, but we must work with Him, trust Him, and rely on Him. We must continue faithfully in the midst of difficult circumstances, appealing to Him to comfort us.
- As we meditate on the character of God, our view of God must increase. As our view of God increases, the significance we place on the opinions of others will decrease. When God's approval becomes our chief focus and aim, our souls find peace.
- Although God is the ultimate source of peace, He does use people as ministers of peace. Our brothers and sisters in Christ can encourage, exhort, and hold us accountable to find strength in the Lord alone and to remain faithful.

Main Ideas

- The great Physician will heal us, but we must work with Him, trust Him, and rely on Him. He does not promise a quick-fix to satisfy our desire for instant gratification.
- God will bring you unimaginable peace if you walk with Him, one step at a time.
- Meditating on the attributes of God helps to cultivate a big picture of God, so man's opinion gets smaller in terms of importance.
- When you are tempted to feel alone or rejected, your spiritual brothers and sisters can be an encouragement to help you find strength and to stay faithful to the Lord.
- We want to be individuals who are finding our refuge and our ultimate trust in the approval of God.

Episode 9

Episode 9: Additional Resources

Articles

- *Optimizing Christian Contentment in Biblical Counseling* by Collin Vassallo at <https://biblicalcounseling.com/resource-library/articles/optimizing-christian-contentment-in-biblical-counseling/>
- *Bitterness and Her Cohorts* by John Fry at <https://biblicalcounseling.com/resource-library/articles/bitterness-and-her-cohorts/>
- *3 Biblical Truths to Move from Discontentment to Contentment* by Colin Mattoon at <https://www.biblicalcounselingcoalition.org/2015/05/25/3-truths-to-move-from-discontentment-to-contentment/>
- *Helping Counselees Understand the Connection of Fear of Man to Trusting God* by Diane Jacoby at <https://biblicalcounseling.com/resource-library/articles/helping-counselees-understand-the-connection-of-fear-of-man-to-trusting-god/>
- *Promises for Overcoming the Fear of Man* by Derek Stone at <https://biblicalcounseling.com/resource-library/articles/promises-for-overcoming-the-fear-of-man/>

Episode 10

Episode 10: Segment 1

Instructions for Teachers

Please familiarize yourself with the topic before leading the class by reading, listening to, or watching the primary resources provided.

Primary Resources

Article:

The Local Church: The Place for Help by Kevin Carson at

<https://www.biblicalcounselingcoalition.org/2013/05/29/the-local-church-the-place-for-help/>

Conference Message:

Biblical Friendship and Authentic Accountability by Kevin Carson at

<https://biblicalcounseling.com/resource-library/conference-messages/biblical-friendship-and-authentic-accountability/>

Video

Distribute the student questions.

Play the first segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What is the worst thing that has happened to you because of an abuse of drugs or alcohol?
- Why is being part of a local church so important to fighting a sin such as alcohol abuse?
- What Bible verse can you memorize to help you fight the temptation of alcohol or drug abuse?

Answers

- Drugs and alcohol are skilled liars, promising hope, refuge, and comfort that they cannot deliver. After the immediate effects have worn off, we are left with only the devastating consequences that come from believing the lie.
- Sin is always crouching at our door. Being part of a local church provides the safety of brothers and sisters to walk alongside us and help us to remember and apply truth in our lives.
- One helpful verse is 1 Corinthians 6:12, where Paul determines that nothing should master him but the Lord. If we are allowing anything to have mastery over us, we are in trouble. It is only the Spirit of God that should have mastery over us.

Main Ideas

- Proverbs 20:1 powerfully demonstrates the insightful nature of the Bible. It describes the deceitful nature of sin. Wine mocks us, promising that it will deliver the calm that you seek. But this is a lie that is easy to recognize the next morning.
- Alcohol and drugs will always fail to provide the hope, refuge, and comfort that can only be found in God.
- Biblical counseling can help you to stop believing the lies of alcohol and drugs, but the true key to success is a commitment to a local church.
- The enemy is always crouching at your door. The best way to keep him out is to spend as much time as you can in the safety of the local church.
- 1 Peter 5:8–9 talks about being sober-minded so that you can engage in spiritual warfare. It is God's Spirit that should have mastery over us, not alcohol, a substance, or anything else (1 Corinthians 6:12)

Episode 10

Episode 10: Segment 2

Video

Distribute the student questions.

Play the second segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What is God's description of beauty?
- Why is knowledge of truth alone not sufficient for healing?
- What is the role of the church in counseling difficult issues?

Answers

- God does not describe true beauty in outward terms as the world does. Rather, God sees beauty of the inward person, a spirit that is gentle and quiet and honoring to the Lord.
- Knowing truth is only the first step in the battle. We must know what is true, but then we must chose to believe it and act on it. That is why counseling is only the start of a solution. The healing comes in discipline and growth.
- Although counseling sessions may be helpful in exposing lies and instructing in biblical truth, it is only in a Bible-believing church that you will receive the long-term care of other believers. These spiritual relationships are absolutely vital to a healthy Christian life. These brothers and sisters can encourage, exhort, and hold you accountable to living by the truths of Scripture rather than the lies of the world.

Main Ideas

- 1 Peter 3:3–4 teaches that God’s description of beauty is not something that is external but internal.
- Food is intended to be part of God’s good gift to us, not our enemy.
- Knowing the truth is only part of the solution. You must also believe it and act on it. That’s why 12 weeks of biblical counseling is just the start toward having total victory over eating issues.
- It is only in a Bible-believing church that you will receive the long-term care of other believers. They help you and you help them.
- If we compare ourselves to worldly standards, we are inevitable going to fail. But the Bible describes true beauty as being an inner person, a quiet spirit, and a respectful spirit.

Episode 10

Episode 10: Segment 3

Video

Distribute the student questions.

Play the third segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- When have you struggled with a big decision? How did you evaluate what was right?
- How can you know that you are making decisions that please God?
- What Bible verse might you find encouraging in biblical decision-making?

Answers

- We make decisions every day and we must learn to make biblical decisions. We must filter our decisions through the truth of Scripture and the counsel of fellow believers to ensure we are being faith-led and not feelings-led.
- Psalm 37:4 can be liberating. God promises that when we find our delight in Him, He will form our desires into those He wants for us. If we are seeking to honor Him and grow in sanctification, then when a decision arises we can trust that the decisions we make are the ones He wants us to make.
- In addition to Psalm 37:4, Proverbs 16:9 can be similarly encouraging. God is in control of all things, and when we have been living in faithful sanctification and filter our choices through Scripture, we can make a decision in the best way we can and trust that God will direct the results for His glory and our good.

Main Ideas

- Our lives are filled with choices that demand we render a verdict. We must know how to make decisions biblically.
- If we make decisions based on our feelings, we are undoubtedly going to make poor decisions. We are not called to let our feelings dictate what we are going to do for the day. Rather the Bible calls us to let our faith dictate our decisions.
- We must allow truth and the counsel from fellow believers to help us to know what decisions God would have us to make.
- Psalm 37:4 tells us that when we delight in the Lord, He shapes our desires.
- You can know that if you are walking in the Spirit and doing your best to be sanctified and Spirit-led, the result will be that you are making the decisions that God wants you to make, because He has given you those desires.

Episode 10

Episode 10: Segment 4

Video

Distribute the student questions.

Play the fourth segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What is the first priority in helping someone who struggles with self-harm?
- Why is “stop cutting” not the most helpful message?
- How is stewardship related to self-harm?

Answers

- The first and immediate priority is to ensure that the at-risk individual is safe. Once we are confident that they are safe, we can begin the counseling portion.
- Although the ultimate goal is that the individual would stop harming himself, it is not helpful to simply apply judgment or harsh reality. Rather, we should start by establishing a baseline of biblical hope. We must turn their focus to the faithfulness of God, that He is good, wise, in control, and He has a plan.
- Stewardship is probably not an aspect the one struggling has considered. But our bodies are gifts that are entrusted to us by God. In return, we must be good stewards of what God has given us. Desecrating our bodies is not just harmful to our own bodies, but it is dishonoring to the Lord.

Main Ideas

- Self-harm can be caused by a desire to feel in control, the pursuit of escape or release, despair that leads to self-destruction, or a means for gaining attention and sympathy.
- The first focus in dealing with someone struggling with self-harm is to assess the safety of the situation.
- For the one struggling with self-harm, we need to establish a baseline of hope. They need to hear the promises of God as revealed in Scripture. They need to see that God is who He says He is. He is wise, good, and in control, and He has a plan.
- The goal isn't just to stop cutting, it is that you will steward well what God has entrusted you—your body. For us to desecrate or destroy what God has given to us is not only damaging to our body but it is dishonoring to the Lord.
- We must offer help gently. Be an encourager or a reprieve. Keep the hope of the Gospel in front of them.

Episode 10

Episode 10: Additional Resources

Articles

- Wine, Women, and Social Anxiety: Helping Women Who Use Alcohol to Inoculate Fear by Anna Mondal at <https://www.biblicalcounselingcoalition.org/2019/01/04/wine-women-and-social-anxiety-helping-women-who-use-alcohol-to-inoculate-fear/>
- What Prizing God's Beauty Produces by Paula Higuchi at <https://biblicalcounseling.com/resource-library/articles/what-prizing-gods-beauty-produces/>
- Decisions, Decisions, Decisions by Joe Keller at <https://www.biblicalcounselingcoalition.org/2017/04/07/decisions-decisions-decisions/>

Scripture Memory

- Avoiding the Things that Trip Us Up by Brent Osterberg at <https://biblicalcounseling.com/resource-library/articles/scripture-memory-avoiding-the-things-that-trip-us-up/>
- Hope and Help for Self-Injurers by Mark Shaw at <https://biblicalcounseling.com/resource-library/articles/hope-and-help-for-self-injurers/>

Podcasts

- The Remedy for Self-Affliction with Bryan Gaines and Samuel Stephens (Truth in Love Podcast) at <https://biblicalcounseling.com/resource-library/podcast-episodes/til-250-the-remedy-for-self-affliction-feat-bryan-gaines/>
- The Bible an Alcoholics Anonymous with Heath Lambert and Mark Shaw (Truth in Love Podcast) at <https://biblicalcounseling.com/resource-library/podcast-episodes/til-038-the-bible-and-alcoholics-anonymous-feat-mark-shaw/>

Episode 11

Episode 11: Segment 1

Instructions for Teachers

Please familiarize yourself with the topic before leading the class by reading, listening to, or watching the primary resources provided.

Primary Resources

Articles:

Is There Hope for Dealing with Anger? by Dwayne Bond at
<https://www.biblicalcounselingcoalition.org/2013/03/13/is-there-hope-for-dealing-with-anger/>

The Angry Heart by BCC Staff at
<https://www.biblicalcounselingcoalition.org/2014/03/01/the-angry-heart/>

Video

Distribute the student questions.

Play the first segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What was the worst thing you ever did or experienced due to an outburst in anger?
- What is the difference between godly anger and sinful anger?
- How can you find biblical hope for anger while contemporary psychology fails to provide answers?

Answers

- It is important that we understand the gravity of our sinful anger and recognize the potential for devastation.
- It is right to be indignant toward sin and its affects and to be angry when God is offended. This is righteous anger. But when we respond in anger to a personal slight or frustration, that is always sinful anger.
- Contemporary psychology observes many different types of anger, but it fails to explain why we struggle with anger. The Bible gets to the roots of the issue, and provides practical applications for change.

Main Ideas

- Psychologists observe many different types of anger, but while these adjectives can shed some light on how anger manifests itself, they fall far short of explaining why we are inclined to be angry.
- If the counselor can discover the root cause of a person's anger, then there is biblical hope for that person.
- Being God-centered instead of self-centered can be a great step toward dealing with anger.
- The Bible recognizes two types of anger—godly anger and sinful anger.
- When we see egregious sin, or the damage that sin inflicts on others, or that God's name is being blasphemed, then we can sinlessly exhibit righteous indignation. But when we respond in anger to a personal slight or frustration, that is a sinful anger that must be mortified.

Episode 11

Episode 11: Segment 2

Video

Distribute the student questions.

Play the second segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- According to Matthew 5, how serious is anger?
- How is anger a fruit of idolatry?
- How can you eliminate sinful anger from your life?

Answers

- All sin is serious as it is an offense against God Himself. But we are often tempted to think of immaterial sins as less severe than those we recognize as grievous. However, Jesus explained that being angry with someone is committing murder in your heart, and you will give an account for what is in your heart.
- Anger can be a fruit of idolatry because it is the reaction that occurs when you don't receive the attention and service you think you deserve. You have set yourself up as an idol.
- To eliminate sinful anger, we must start by allowing God to sit on the throne of our hearts, rather than ourselves.

Main Ideas

- James 4:1–2 asks the question that contemporary psychologists cannot answer. James is digging under the surface of our sinful anger to reveal the root cause of our anger.
- A roots of anger can be idolatry. And the idol is self.
- In Matthew 5:21–22, Jesus taught that when you get so mad within your heart at your brother, you are committing murder in your heart and will give an account for what's happening in your heart.
- I can't be mad at everyone around me and expect that my relationship with God is good.
- Anger actually comes from our wayward desires. We have to come to a place where we recognize our lives are not about what we want, but it's actually about God.

Episode 11

Episode 11: Segment 3

Video

Distribute the student questions.

Play the third segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- How can understanding your purpose biblically help you to put off anger?
- What is the relationship between anger and sanctification?
- How has your self-focus led to issues with anger?

Answers

- When we understand our purpose rightly, we understand that it is not about us. We exist to serve and glorify God. This understanding of purpose can help us not to be angry when we don't get what we want, but to recognize God's will as right and good.
- As a Christian, the Holy Spirit lives in us and empowers us in the effort of becoming like Jesus. But when we are angry, we are wrestling with the tension of letting God stay in control or being in control ourselves. In our anger, we are working against the empowering Spirit to demand our way rather than God's way.
- When we are the center of our universe, it is easy to become angry and frustrated when things don't go our way or others don't seem to agree that you are the center. But this anger is misplaced because we should not be the center of our lives. Rather, we should be living our identity in Christ as we put off the old person and put on the new person.

Main Ideas

- A fruit of anger can be a focus on self.
- When we get angry, we are often wrestling with the tension of letting God stay in control or us taking control.
- Colossians 3:12 tells us that we must put off our old person and put on our new person. The emphasis is on God doing the choosing. It's about God, not us.
- In all the places in the Bible where anger is spoken of, there is only one place that says you can be angry in a way that is positive or good.
- When we understand our purpose rightly, it begins to transform the times I don't get what I want. Sometimes God is not giving you what you want in order to help you rely on Him, or to remind you that it isn't about you.

Episode 11

Episode 11: Segment 4

Video

Distribute the student questions.

Play the fourth segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What Bible verse might you memorize to help you when you are tempted to be angry?
- How will you restore God to the center of your life?
- What do you think is the most difficult part of fighting anger?

Answers

- The Bible says much against anger and in a moment of temptation, meditating on verses like Proverbs 19:11, Proverbs 29:11, Psalm 14:29, or James 1:19–20 can help you to refrain from acting in anger.
- We must be willing to remove the idol of self and let Jesus rule and reign in our lives. Like Jesus and Paul, we must let His purposes consume our focus. In humility, self-sacrifice, and service to God, we will lose the trigger of self-centered responses.
- Removing the idol of self and changing self-focused tendencies is a difficult task, and the emotion of anger will not go away immediately. This task is one that requires dedication and consistency, as you pursue to put off the old person and put on the new. Consistency is the challenge, but if you are willing to put God in the center of your life, you will be on the path to transformation.

Main Ideas

- The idol of self must be removed from our lives and let Jesus rule and reign in the good times and the bad.
- Jesus and Paul are great examples in the way they were sacrificial, humble, and servant-oriented.
- Proverbs 19:11 and 29:11 talk about being people of understanding and how that helps us be slow to anger.
- When we recognize patterns of when we tend to get angry, we can prepare to respond to certain circumstances that cause us or encourage us to get angry.
- We have to be willing to put God at the center of our lives and to be willing to do what God wants, even if I don't get what I want or don't like this circumstance.

Episode 11

Episode 11: Additional Resources

Articles

- *Six Disciplines of a Depressed Soul* by Paul Tautges at
<https://www.biblicalcounselingcoalition.org/2013/05/23/six-disciplines-of-a-depressed-soul/>
- *Overcoming Irritability* by Kyle Gangel at
<https://biblicalcounseling.com/resource-library/articles/overcoming-irritability/>
- *The Hidden and Surprising Side of Anger* by Rick Thomas at
<https://www.biblicalcounselingcoalition.org/2013/08/01/hidden-and-surprising-side-of-anger/>
- *The Ineffectual Work of Human Anger* by Betty-Anne Can Rees at
<https://www.biblicalcounselingcoalition.org/2020/04/13/the-ineffectual-work-of-human-anger/>

Conference Message

- *Addressing Sinful Anger* by Tim Keeter at
<https://biblicalcounseling.com/resource-library/conference-messages/addressing-sinful-anger/>

Episode 12

Episode 12: Segment 1

Instructions for Teachers

Please familiarize yourself with the topic before leading the class by reading, listening to, or watching the primary resources provided.

Primary Resources

Article:

Assurance of Salvation: Help from 1 John for Young People Who Struggle by Jeremy Conn at <https://biblicalcounseling.com/resource-library/articles/assurance-of-salvation/>

Podcast:

Can You Lose Your Salvation? With Bill Shannon and Heath Lambert (Truth in Love Podcast) at <https://biblicalcounseling.com/resource-library/podcast-episodes/til-078-can-you-lose-your-salvation-feat-bill-shannon/>

Video

Distribute the student questions.

Play the first segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What must you do to be saved?
- Do you think it's possible for a Christian to lose his salvation?
- How have you struggled with the assurance of salvation?

Answers

- We are saved by grace through faith, we are not saved by any works of our own (Ephesians 2:8–9). Our salvation is bought with the blood of Christ because of His work on the cross, not because of anything we can do to earn God's favor. And just as we can do nothing to earn salvation, we also cannot do anything to lose that salvation.
- A Christian cannot lose his salvation. We can struggle with assurance and have times when we may not feel saved, but our feelings are not the standard of our salvation. Nothing can separate us from his love (Romans 8:38–39).
- Most Christians have struggled with the assurance of salvation at some time or another. Often, it is because we have a misunderstanding about salvation, or because we are allowing sin to maintain a stronghold in our lives. While we should work to mortify our sin, we must realize that God doesn't lose His children.

Main Ideas

The ideas presented below represent some key concepts of the segment. You may share these with the class if you have extra time for discussion.

- God never loses one of His children. Just like we can't earn our salvation, we can't lose it either.
- It's important to have clarity about salvation and eternal security not only for peace of mind, but also for faithful and fruitful living.
- Paul emphatically teaches that nothing can separate us from the love of God in Christ Jesus (Romans 8:38–39).
- Jesus said that everyone who repents and trusts in Him can never be plucked from His hand (John 10:29).

Episode 12

Episode 12: Segment 2

Video

Distribute the student questions.

Play the second segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- In what way have you accepted a diluted “gospel”?
- How does perseverance and eternal security go together?
- Why can you be absolutely certain that your salvation cannot be lost?

Answers

- We live in a culture that promotes various diluted “gospels.” Whether it is adding to your own responsibility for salvation, making false promises, or making the gospel more about me than Christ, those are not the Gospel. The Gospel is the good news of salvation that is provided only through the atoning work of Christ on the cross. We must be careful that we look to the Bible to define the Gospel.
- Eternal security is God’s work and perseverance is your work. We persevere because of God’s work in us. We can trust God, the unfailing one, to keep us secure.
- Our salvation is secured, not by our own works, but by the work of Christ in our lives. The security of our salvation has nothing to do with us and everything to do with what Christ has done on our behalf.

Main Ideas

- A root of your lack of assurance may be your view of salvation.
- The Good Shepherd knows His sheep, and His sheep know Him. This is a beautiful analogy of salvation.
- We live in a culture where the Gospel can be diluted in a lot of ways. Some add works as necessary to salvation. Sometimes the gospel is made to be more about me than Christ. But those aren’t the Gospel.
- If we could lose our salvation, we would. It’s secure because of what Christ has done on our behalf.
- Eternal security is grounded in the Gospel and protected by the work of Christ in our lives.

Episode 12

Episode 12: Segment 3

Video

Distribute the student questions.

Play the third segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What is the connection between justification and sanctification?
- How is sin connected to your struggle with assurance?
- Why does the good news that Jesus Christ forgives to the uttermost not give you the license to sin?

Answers

- Justification teaches that in Christ, you are fully forgiven of all your sins. Sanctification is the life-long process of growing in holiness. Both are a part of salvation, but while sanctification continues for your whole life, justification is completed at the moment of salvation. You are forgiven. Period.
- We often struggle with the assurance of our salvation when we have a sin that is reigning in our life. We feel like our sin disqualifies us from the Kingdom of God. But the truth is, our sins are forgiven. Our conviction over sin is evidence of the Spirit working in our lives to help us grow in holiness. We can rest in the truth of justification and focus our efforts on the process of sanctification.
- Although in Christ all our sins are forgiven—past, present, and future—that does not give us a license to sin. In fact, we who are in Christ do not love sin, we hate it because our Father hates it. And we devote our lives to mortifying our sins in order to grow in holiness and to honor our Lord.

Main Ideas

- Justification is the doctrine that teaches that in Christ you are fully forgiven of all sins, past, present, and future. Based on that glorious truth, we begin the life-long process of sanctification—an ever-increasing ability and desire to grow in holiness.
- If we forget justification, we can doubt the assurance of our salvation because we begin to conclude that our present sin disqualifies us from the kingdom. But if we forget sanctification, we can fall into a licentious lifestyle because we have forgotten that a faith that saves is also a faith that behaves.
- A root of your lack of assurance may be lust.
- The goal is not to stop sinning; the goal is to be more like Jesus, and as a result, we sin less. The goal is not to focus on how little we sinned, but to focus on how much we're growing to be like Christ.
- The good news that Jesus Christ forgives to the uttermost does not give us license to sin. We who are in Christ do not love sin.

Episode 12

Episode 12: Segment 4

Video

Distribute the student questions.

Play the fourth segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- Why should you stay connected to a local church?
- If you sin, does that mean you are not a Christian?
- What verses of Scripture might you memorize to help you to be assured of your salvation?

Answers

- The local church is God's long-term place for care for you. The church is a family that walks through life with you, holding you accountable, grounding you, helping you to grow, and encouraging you. God made us for relationship, and the most productive relationships are those with like-minded believers who are willing to walk alongside you in your journey of sanctification.
- The Bible never says that the Christian must not sin in order to be and remain a Christian. In fact, John writes that if you claim to have no sin, you are a liar (which is a sin). But the Bible does teach that the Christian does not live in unrepentant, habitual sin without the conviction of the Holy Spirit. The Christian is characterized by a declining pattern of sin and a growing in holiness.
- 1 John 1:9 can remind us that we are forgiven and our forgiveness is based on Christ's faithfulness, not our own. Romans 8:38–39, John 10:29, Hebrews 12:1–2, or any verses that talk about Christ's work in salvation can also be helpful.

Main Ideas

- The devil came to steal, kill, and destroy. As Christians, we are in an ongoing battle to have assurance and grow in godliness.
- The local church is God's long-term place for care. If we're not connected to a church, it's like not being with our family.
- The Gospel is not about what you have done, but about what Christ has done for you.
- John does not write that the Christian must not sin; in fact he says that we lie if we say we are without sin. But the Christian does not live in unrepentant, habitual sin without the conviction of the Holy Spirit.

Episode 12

Episode 12: Additional Resources

Articles

- *Between the Lines: Law, Gospel, and the Doubt of Salvation* by Joshua Waulk at <https://www.biblicalcounselingcoalition.org/2021/04/19/between-the-lines-law-gospel-and-the-doubt-of-salvation/>
- *Gospel-Driven Sanctification* by Jerry Bridges at <https://www.biblicalcounselingcoalition.org/2013/04/05/gospel-driven-sanctification/>
- *Signs of Life: Part One* by Pat Quinn at <https://www.biblicalcounselingcoalition.org/2018/07/25/signs-of-life-part-one/>
- *Signs of Life: Part Two* by Pat Quinn at <https://www.biblicalcounselingcoalition.org/2018/07/27/signs-of-life-part-two/>
- *God Knows Our Doubts* by Dave Dunham at <https://www.biblicalcounselingcoalition.org/2022/01/07/god-knows-our-doubts/>

Episode 13

Episode 13: Segment 1

Instructions for Teachers

Please familiarize yourself with the topic before leading the class by reading, listening to, or watching the primary resources provided.

Primary Resources

Article:

Understanding Evil by Jared Baergen at

<https://biblicalcounseling.com/resource-library/articles/understanding-evil/>

Abuse: Consider Jesus, the Ultimate Hope for Victims of Abuse by Paul Tautges at

<https://www.biblicalcounselingcoalition.org/2018/08/13/abuse-consider-jesus-the-ultimate-hope-for-victims-of-abuse/>

Video

Distribute the student questions.

Play the first segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- How have you witnessed or experienced the wickedness of this world?
- Where do you derive your value?
- Why is biblical counseling so powerful and effective?

Answers

- This world is full of wicked people who do wicked things. It is a sad reality that we live in a broken world corrupted by sin. But God is in control, and we can find hope and healing in Jesus Christ.
- It is easy to look to our own accomplishments, popularity, or experiences to define our value. But the biblical truth is that it is not about what we've done, not done, or experienced, it is about who God says we are in Christ.
- Biblical counseling aligns us toward biblical, godly thinking, which brings transformation in our lives. God is a God of hope, and in Him we find value that cannot depreciate and a purpose that is transcendent.

Main Ideas

- This world is a wicked place. There are wicked people who do wicked things that leave a wake of devastation.
- If we haven't thought about our purpose in Christ, we shouldn't be surprised that we have little hope.
- It's not about what you've done or what has been one to you; it's about what Christ has done.
- God specializes in hope, giving us value and a transcendent purpose.

Episode 13

Episode 13: Segment 2

Video

Distribute the student questions.

Play the second segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- Do you have value in God's eyes?
- How has God worked in your life?
- The next time you don't feel valuable, appreciated, or treasured, what will you do differently?

Answers

- Sometimes we doubt our value or feel like we don't have value. And when we don't see our own value, it is easy to believe that we are not valued by God. But the truth is that we are most treasured through God's eyes. We have value because of what God has done in our lives and because of who He has made us to be.
- God created you and formed you according to His perfect plan. Then Jesus died on the cross to ransom you, or bought you back, from the grip of sin. He sacrificed His life to reconcile you and adopt you as a child of God and joint-heir with Christ. As a child of God, the Holy Spirit works in us to help us grow in holiness. And there are likely specific examples each of us could point to in our lives where we have seen God working. It is because of His work that we are precious in His sight.
- When we don't feel valued, we must look at who is the authority. Will we let God define what value is and how He sees us, or are we going to do that?

Main Ideas

- The Bible contains deep theological truths that bring deep healing for the wounded soul.
- Our relationship with God is not founded upon how awesome we are, but on our union with Christ.
- The Bible teaches that we are part of the family of God because of the work Christ has done. God does not look at you through your accomplishments, but through the accomplishments of Christ on your behalf.
- There are going to be times that you don't feel valuable, or appreciated, or treasured. But when that happens, we must ask if what we're feeling or what that person is saying is more authoritative than God's Word.
- In Christ you are totally, thoroughly, and completely clean and loved. Those who are in Christ are indeed as white as snow. In Christ we cannot be more valued or loved. The reality of Christ's imputed righteousness makes us precious in the sight of God.

Episode 13

Episode 13: Segment 3

Video

Distribute the student questions.

Play the third segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What is God's purpose for your life?
- How does your purpose affect your interactions with other people?
- How would you rate your hope when you place it in something other than Christ?

Answers

- We all yearn to have and fulfill a purpose. Fortunately, God has a clear purpose for your life—to live in a way that is pleasing to Him. When we accept this purpose to serve the One bigger than ourselves, we find hope in the one we serve.
- Our understanding of our purpose will affect every aspect of the way we live and interact with others. When we recognize that our purpose is to honor and serve God, then our interaction with others become a way to do that.
- When our hope is low, it is often because we are looking to circumstances, feelings, or temporal satisfaction for our hope. But when we place our hope in Christ, we can experience confident, everlasting hope because our hope is secured by Christ, not by ourselves or our circumstances.

Main Ideas

- The way that we understand Christ's work changes our view of ourselves and our view of our purpose.
- God has a clear purpose for your life—that you would live your life in a way that is pleasing to Him.
- Some of the passages in Scripture cannot happen without relationships (e.g., “love one another,” “encourage one another.”). Relationships are part of the way we express our purpose.
- Our hope must not be placed in our circumstances but in Christ. When we place our hope in God, we have an everlasting spring of hope that we can tap into every day.
- You are a servant of the Most High God. Everything you do is tinged with eternal meaning. Everything has eternal value when you do your work as unto the Lord.

Episode 13

Episode 13: Segment 4

Video

Distribute the student questions.

Play the fourth segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- How have you been helped by applying Scripture to your life?
- What Scripture verse can you memorize to help you be encouraged that God values you?
- How can Psalm 119:71 help you to move forward in hope even in the face of difficult circumstances?

Answers

- Biblical counseling is powerful and effective in aligning our thinking to biblical truths, but it only through consistent application that we can truly reap the benefits of faithful living. If we will study and meditate on Scripture and live in light of its truth, our lives will be transformed.
- All of Scripture demonstrates how God values His children and nothing more clearly than God sending His Son to die for you (John 3:16; Romans 5:8). We can also look to Scripture to know that God will never leave us (Deuteronomy 31:6), we cannot be separated from His love (Romans 8:38–39), and He has given us a purpose (1 Peter 2:9).
- Psalm 119:71 talks about God’s purpose in affliction. Although we may face circumstances that are difficult or even evil, God can work even in and through those afflictions to help us to fulfill His purpose for us, whether to know Him better, rely on Him more, or to develop characteristics that reflect Him better. (See also Romans 8:28, James 1:2–4, and 1 Peter 1:6–7.)

Main Ideas

- Biblical counseling homework can be life-changing, as it helps us to apply Scripture to our wounded lives.
- The local church is an absolute necessity for your long-term growth.
- In Christ we have every reason to live hopeful, joyful, and purposeful lives, because our value, purpose and identity is in Christ and His work, not our own.
- You are not too dirty to save. Jesus forgives and cleans any who trust in Him.
- If you have been wounded, victimized, or abused, Jesus bids you to come to Him, and you have His word that He will never cast you out.

Episode 13

Episode 13: Additional Resources

Articles

- *Navigating Feelings After Abuse* by Aliza Hawkins at
<https://biblicalcounseling.com/resource-library/articles/navigating-feelings-after-abuse/>
- *Who I Am to Christ* by Bob Kellemen at
<https://www.biblicalcounselingcoalition.org/2012/03/14/who-i-am-to-christ/>
- *Helping Trauma Victims Read the Bible* by Dave Dunham at
<https://www.biblicalcounselingcoalition.org/2020/10/07/helping-trauma-victims-read-the-bible/>
- *36 Purposes of God in Our Suffering* by Paul Tautges at
<https://www.biblicalcounselingcoalition.org/2012/05/04/36-purposes-of-god-in-our-suffering/>
- *The Victim's Heart* by BCC Staff at
<https://www.biblicalcounselingcoalition.org/2014/03/07/the-victims-heart/>

Episode 1: Depression

Segment 1: Class Questions

- If life were a train, what should be the engine?
- Where do feelings belong in the train of life?
- Why should you stop letting your life be led by feelings?

Segment 2: Class Questions

- How have you experienced negative results because you made a decision based on your feelings?
- How can we learn from Cain's negative example?
- What is the goal of biblical counseling for depression?

Episode 1: Depression

Segment 3: Class Questions

- What does it mean to take thoughts captive?
- How should we measure success when dealing with despair?
- How can struggling with depression be seen as a positive opportunity?
- Is there a Bible verse you could memorize that would help you be led by truth and not feelings or wrong thinking?

Episode 1: Depression

Segment 4: Class Questions

- How could a “Thankfulness to God” list help you to fight depression?
- If you struggle with depression, does that mean you aren’t a Christian?
- How much of the time is ok to be led by your feelings?
- Overcoming depression is possible through the power of Christ, but what is our role in healing?

Episode 2: Self-Pity

Segment 1: Class Questions

- How do you identify with Dee?
- How are your circumstances related to your view of who God is?
- Why do you think a big view of God results in praise and thankfulness?

Segment 2: Class Questions

- How does your view of God affect the way you interact with your circumstances?
- When you find yourself falling into self-pity, how will you change your perspective?
- How can you apply a big view of God to the issues you worry about? Is there a Bible verse that can help you to cultivate that big view of God?

Episode 2: Self-Pity

Segment 3: Class Questions

- What is the danger of indulging self-pity?
- How are envy and self-pity similar?
- When you feel envious or self-pitying, how will you respond differently?

Segment 4: Class Questions

- How is the self-esteem movement contradictory to the biblical answer for self-pity?
- What Bible verses can help you cultivate a high view of God?
- How will you develop an attitude of gratitude?

Episode 3: PTSD/Substance

Segment 1: Class Questions

- Why is it misleading to talk about post-traumatic stress “disorder”?
- What things do you turn to for comfort, rather than turning to God?
- Why should you not let a diagnosis become a justification for sin?

Segment 2: Class Questions

- Where does Christian hope come from?
- How can you practically place your hope in God and His promises?
- Recognizing that the Bible speaks of trauma in different terms, what is a Bible verse you can memorize to encourage you to meditate on His promises?

Episode 3: PTSD/Substance

Segment 3: Class Questions

- How does Psalm 19:7–11 challenge your view of God's Word?
- What have you allowed to take the place of God as your strength and comfort?
How has that failed to bring you true comfort?
- Why can these temporal measures not bring true healing?

Segment 4: Class Questions

- What rubric does the Bible offer for right thinking?
- Practically speaking, who, or what, is God in your life?
- How can the Bible help you to heal from past trauma or suffering?

Episode 4: Body Image

Segment 1: Class Questions

- What is beauty and where does it come from?
- How do you feel God sees you?
- As we seek to eradicate internal ugliness—sin—does that make us more beautiful to God?

Segment 2: Class Questions

- How can body image issues result from fear of man rather than God?
- How have you found beauty according to your own standards to be perishable?
- What is God's standard of beauty, according to Peter?

Episode 4: Body Image

Segment 3: Class Questions

- How can insecurity over body image be related to idolatry?
- Why should you not view the perceived flaws on your body as design errors?
- How can you be genuinely thankful to God for the things you don't like about yourself?

Segment 4: Class Questions

- How can you overcome the worldly messages that emphasis physical appearance?
- Why might keeping a list of intrusive thoughts be helpful in dealing with insecurity?
- What verse or passage of Scripture can you memorize to help you fight against physical insecurity?

Episode 5: Follow Up #1

Segment 1: Class Questions

- How does Katie's transformation encourage you?
- What makes biblical counseling a better path than psychotropic medicines?
- When you begin to allow fear to become bigger than God, how will you respond differently?

Segment 2: Class Questions

- Why should you not try to take on the weight of the world?
- What truth can help you to trust God with your life?
- How can recognizing how God is working in your life help you to fight irritability?

Episode 5: Follow Up #1

Segment 3: Class Questions

- How is the self-esteem movement anti-biblical?
- How have you been duped by the self-love philosophy?
- What differences have you seen your life when you are focused on loving God and putting your confidence in His work?

Segment 4: Class Questions

- What is the worst outcome you have experienced due to anxiety?
- What is the three-pronged biblical solution to anxiety as described in Philippians 4?
- How does thinking about anxiety through this biblical lens help you to be more hopeful?

Episode 6: Perfectionism

Segment 1: Class Questions

- What has your fear of failure kept you from attempting?
- How are you in danger of letting good things become an idol in your life?
- Does God expect you to be perfect?

Segment 2: Class Questions

- Next time you find yourself expecting perfection, what will you do differently?
- Is there a Bible verse you can memorize to help you elevate your view of God's sovereignty?
- How do you need to redefine your expectations of yourself?

Episode 6: Perfectionism

Segment 3: Class Questions

- How do you need to recalibrate your understanding of humility?
- How does a big view of God's sovereignty help to fight against perfectionism?
- What gift or ability do you have that you have been setting your own expectations for? What will you change about your expectations?

Segment 4: Class Questions

- In what way do you need to trust God to handle the outcome?
- How has your understanding of perfectionism changed as a result of this episode?
- Which of these applications do you see as potentially helpful for you specifically?

Episode 7: PTSD

Segment 1: Class Questions

- Why do you think secular psychology and biblical counseling can come to such different conclusions?
- From a biblical perspective, what purpose does suffering have?
- What is the worst result you have experienced when you allowed fear to drive you?

Segment 2: Class Questions

- How have you seen the benefits produced by a struggle in your life?
- How is God glorified in our suffering?
- When you encounter suffering, how will you approach it differently?

Episode 7: PTSD

Segment 3: Class Questions

- How does Romans 6:6 give you hope regarding your struggle with sin?
- What labels have you been hiding behind? How will you view your struggles differently?
- What is a practical way you can fight to overcome a common temptation to sin when it next arises?

Segment 4: Class Questions

- What hope does the Bible offer for the one who has suffered trauma?
- Why should we not be motivated by fear?
- What verse of Scripture will you memorize to help you honor God in suffering?

Episode 8: ADHD

Segment 1: Class Questions

- How many of the traits characteristic of ADHD might apply to you?
- How does recognizing the lack of scientific standard for diagnosing ADHD cause you to think about the issue differently?
- What is the relationship between discipline and feelings?

Segment 2: Class Questions

- Is a lack of healing necessarily a testament to a lack of faith?
- How does your view of the Bible need to be heightened?
- Why should we use caution in using medication to treat emotional, psychological, and spiritual issues?

Episode 8: ADHD

Segment 3: Class Questions

- How might your “disorder” be a blessing?
- Why should you use the Bible to frame your feelings?
- How does thinking of a diagnosis like ADHD as an issue of giftedness and God’s unique design for you change your perspective?

Segment 4: Class Questions

- How have you been persuaded of the superiority of secular psychology? Has your view changed?
- What is the biblical view of self-control and discipline?
- What is a Bible verse that can help you be motivated by faith rather than feelings?

Episode 9: Discontentment

Segment 1: Class Questions

- How is the idea of biblical shalom different than a worldly understanding of peace?
- How might memorizing John 14:27 help you when you struggle to find peace?
- What is your worst experience that resulted from going somewhere other than God for comfort and peace?

Segment 2: Class Questions

- What does it mean to fear man?
- Why should you not seek the approval of man?
- How does God see you because you are in Christ?

Episode 9: Discontentment

Segment 3: Class Questions

- Where do you find peace?
- Why is comfort not found in withdrawing from a troubling situation?
- How is the comfort that God grants different than being comfortable?

Segment 4: Class Questions

- What is our responsibility in pursuing God's peace?
- How might meditating on God's attributes help to fight the sin of discontentment?
- Why is it important to remain connected to a local church?

Episode 10: Follow Up #2

Segment 1: Class Questions

- What is the worst thing that has happened to you because of an abuse of drugs or alcohol?
- Why is being part of a local church so important to fighting a sin such as alcohol abuse?
- What Bible verse can you memorize to help you fight the temptation of alcohol or drug abuse?

Segment 2: Class Questions

- What is God's description of beauty?
- Why is knowledge of truth alone not sufficient for healing?
- What is the role of the church in counseling difficult issues?

Episode 10: Follow Up #2

Segment 3: Class Questions

- When have you struggled with a big decision? How did you evaluate what was right?
- How can you know that you are making decisions that please God?
- What Bible verse might you find encouraging in biblical decision-making?

Segment 4: Class Questions

- What is the first priority in helping someone who struggles with self-harm?
- Why is “stop cutting” not the most helpful message?
- How is stewardship related to self-harm?

Episode 11: Anger

Segment 1: Class Questions

- What was the worst thing you ever did or experienced due to an outburst in anger?
- What is the difference between godly anger and sinful anger?
- How can you find biblical hope for anger while contemporary psychology fails to provide answers?

Segment 2: Class Questions

- According to Matthew 5, how serious is anger?
- How is anger a fruit of idolatry?
- How can you eliminate sinful anger from your life?

Episode 11: Anger

Segment 3: Class Questions

- How can understanding your purpose biblically help you to put off anger?
- What is the relationship between anger and sanctification?
- How has your self-focus led to issues with anger?

Segment 4: Class Questions

- What Bible verse might you memorize to help you when you are tempted to be angry?
- How will you restore God to the center of your life?
- What do you think is the most difficult part of fighting anger?

Episode 12: Assurance

Segment 1: Class Questions

- What must you do to be saved?
- Do you think it's possible for a Christian to lose his salvation?
- How have you struggled with the assurance of salvation?

Segment 2: Class Questions

- In what way have you accepted a diluted “gospel”?
- How does perseverance and eternal security go together?
- Why can you be absolutely certain that your salvation cannot be lost?

Episode 12: Assurance

Segment 3: Class Questions

- What is the connection between justification and sanctification?
- How is sin connected to your struggle with assurance?
- Why does the good news that Jesus Christ forgives to the uttermost not give you the license to sin?

Segment 4: Class Questions

- Why should you stay connected to a local church?
- If you sin, does that mean you are not a Christian?
- What verses of Scripture might you memorize to help you to be assured of your salvation?

Episode 13: Abuse

Segment 1: Class Questions

- How have you witnessed or experienced the wickedness of this world?
- Where do you derive your value?
- Why is biblical counseling so powerful and effective?

Segment 2: Class Questions

- Do you have value in God's eyes?
- How has God worked in your life?
- The next time you don't feel valuable, appreciated, or treasured, what will you do differently?

Episode 13: Abuse

Segment 3: Class Questions

- What is God's purpose for your life?
- How does your purpose affect your interactions with other people?
- How would you rate your hope when you place it in something other than Christ?

Segment 4: Class Questions

- How have you been helped by applying Scripture to your life?
- What Scripture verse can you memorize to help you be encouraged that God values you?
- How can Psalm 119:71 help you to move forward in hope even in the face of difficult circumstances?