



# Transformed



From Brokenness  
to Wholeness

Season Three  
*Study Guide*

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# How to Use This Curriculum

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## 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

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## *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

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## 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:*

*Hope and Help for Self-Injurers by Mark Shaw at*

*<https://biblicalcounseling.com/resource-library/articles/hope-and-help-for-self-injurers/>*

*Cutting to the Heart of Self-Injury by Julie Ganschow at*

*<https://www.biblicalcounselingcoalition.org/2014/03/31/cutting-to-the-heart-of-self-injury/>*

### *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 self harm is about punishing yourself for not being good enough, what can you do to become good enough?
- What is the core issue for the struggle with self-harm?
- What biblical truth is key to a right perspective of self?

## Answers

- The problem with self-harm is that it is not constructive. It is a distraction, a punishment, an escape, but it does not fix anything. It offers no lasting change or hope of things getting better. In fact, it compounds the problem, pushing you farther into the dark cycle.
- The core issue is not the behavior, but what is happening in your heart when you go to self-harm. What are you wanting that drives you to self-harm? Is Jesus really the one ruling you in that moment?
- God is Creator, and He has made each of us in His image. In His wisdom, He has created me exactly the way He intended. That, in turn, changes the way we use our bodies which He has given to us. Our bodies have a purpose defined by 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.

- Our own perspectives of ourselves become what we really believe, how we really live our lives. When we don't meet those standards, we think we must punish ourselves.
- Self-harm doesn't really fix anything. It simply distracts from emotional and spiritual problems by providing a physical problem to deal with.
- When we recognize that God made us in His wisdom, that changes the way we use what He has given to us (namely, our bodies).
- The answer is not so much to sanitize the house and remove sharp objects, but to get to a point where Jesus is the one ruling me.
- Self-harm is a sin because it harms the body of an image-bearer.

# Episode 1

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## 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 does self-harm show a lack of faith in Jesus?
- What did John the Baptist recognize in John 3:27–30?
- Who defines you?

## Answers

- Self-harm shows that we are trying to take the place of Jesus in paying for sins. We are not believing the truth of what God tells us and how He views us. We are failing to view Him as superior, and we are failing to trust in Him for forgiveness and to transform our inner selves.
- John the Baptist knew who he was in relation to Jesus. He recognized that he was not the Messiah and rejoiced that Jesus is the Messiah. He knew Jesus was the only one who could make things right and absorb God's wrath.
- God defines you. God has created you, and as such, He defines who you are and what you're worth. By sending Jesus to die for you, He has declared your value. And in forgiving you, He declares you not guilty.

## Main Ideas

- Self-harm is an overflow of a problem in the inner person.
- As John said, Jesus must increase, we must decrease (John 3:27–30).
- We must recognize that we are not God and we can't do what only Jesus can do.
- We may struggle with self-image and there may be many influences that feed a poor perspective of self, but ultimately it comes down to who defines you. God defines you.
- When you understand yourself in light of who God is, you understand yourself accurately in a way that blesses you and honors God.



# Episode 1

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## 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 is mercy?
- Why is it important to have a correct theology of the body?
- How did God reveal Himself to Moses (Exodus 34:6-7)?

## Answers

- Mercy means God doesn't deal with you according to your sins. This is an important attribute of God. When we trust in Jesus, we are not given the punishment we deserve because of our sins—Jesus paid that penalty. This is mercy.
- When we understand the truth in Scripture, we recognize that we are not only a body. We are made of both body and soul. Our bodies, therefore, have a transcendent purpose—to glorify God. Understanding this, we see that any use of our body that does not bring glory to God is a misuse of God's gift.
- God did not initially reveal Himself as wrathful. It is true that He is just and holy and must punish sin. But He revealed Himself to Moses as merciful and gracious, slow to anger, and steadfast in love. When we hyper-focus on God's justice and wrath, we are missing very important parts of God's character.

## Main Ideas

- According to the Scripture, the body is not all there is to us. We have a body and a soul. As Christians, we use our body for God's glory. Any use of the body that is not for the glory of God is not the purpose of our bodies.
- Mercy means God doesn't deal with you according to your sins.
- When God reveals himself for the first time, he doesn't say "I am wrath." The justice and wrath of God are true attributes, but the way he reveals himself first in scripture is merciful and gracious, slow to anger and steadfast in love.
- God doesn't make mistakes—He made you the way He wants you to be.
- One of the lies of self-harm is that we need to pay for our sins, but the shedding of our blood is insufficient for the forgiveness of sins (only Jesus' blood is sufficient).

# Episode 1

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## 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 can keeping a thankfulness list help in the struggle against self-harm?
- Why is it important to meditate on the attributes of God?
- Why is focusing on a correct view of God the first step in correcting self-image?

## Answers

- Keeping a thankfulness list causes an intentional reflection on what God is doing in your life. Keeping these truths in the forefront of your mind can help in the fight against the lies of unworthiness. The more we focus on what God is doing, the less we focus on our perceived failures.
- It is important to remember that God is merciful and gracious as well as just. If we only focus on His wrath against sin, we feel guilty. But when we focus on His mercy, we remember that Jesus has paid for our sin and God has declared us righteous in Christ. God is merciful and loving toward His children.
- A correct view of God is necessary if we are to have a correct view of ourselves. When we understand who God is as Creator, we understand better who we are in relation to Him. He created us; He defines us. We can try to feel better about ourselves, but that is a subjective pursuit without the absolute standard of who is God.

## Main Ideas

- We must fight to believe truth in a world that is full of lies.
- Focusing on what God has done in your life is a practical way to renew your mind in truth.
- God has revealed Himself as merciful and gracious, slow to anger, and forgiving sins. Understanding who God is in His entirety is the key to correctly understanding our guilt and forgiveness.
- When we understand who God is, we can rightly understand who we are in relation to Him.

# Episode 1

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## Episode 1: Additional Resources

### Articles

- *Two Lies that Must Be Defeated to Overcome Cutting* by Amy Baker at <https://www.biblicalcounselingcoalition.org/2013/07/01/2-lies-that-must-be-defeated-to-overcome-cutting/>
- *Why Do I Hate Myself: Motivations for the Dreadful Habit of Cutting* by Deepak Reju at <https://www.biblicalcounselingcoalition.org/2013/07/02/why-do-i-hate-myself-motivations-for-the-dreadful-habit-of-cutting/>
- *Bringing Self-Harm Into the Light* by Mark Shaw at <https://www.biblicalcounselingcoalition.org/2013/07/03/bringing-self-harm-habits-into-the-light/>
- *The Lies You Believe and the Truth that Sets You Free* by Shannon Kay McCoy at <https://www.biblicalcounselingcoalition.org/2013/07/04/the-lies-you-believe-and-the-truth-that-sets-you-free/>

### Conference Messages

- *Counseling Self-Injuring Teens* by Camille Cates at <https://biblicalcounseling.com/resource-library/conference-messages/counseling-self-injuring-teens/>

### Podcast

- *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/>

# Episode 2

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## 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:*

*Overcoming Sexual Sin: The Most Important Reality* by Heath Lambert at <https://biblicalcounseling.com/resource-library/articles/the-most-important-reality-in-overcoming-sexual-sin/>

*3 Critical Steps to Making a Covenant with Your Eyes and Overcoming Lust* by Luke Gilkerson at <https://www.biblicalcounselingcoalition.org/2013/03/04/3-critical-steps-to-making-a-covenant-with-your-eyes-and-overcoming-lust/>

### *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

- Where does sexual immorality begin?
- How is sexual immorality a form of idolatry?
- Why is it not enough to simply deal with the actions of sexual immorality?

## Answers

- Matthew 5:27–28 states that even looking at a woman with lustful intent is adultery. This means that the act of adultery begins in the heart. In the same way, sexual immorality begins with an impure heart. Although the actions are sinful, they are not the root issue.
- Sexual immorality is actually idolatry because pleasure has become your functional god. You desire pleasure more than you desire Jesus to be honored. You look for satisfaction and fulfillment in the fleeting pleasures of sin rather than the lasting satisfaction in Christ.
- When we focus on the actions, we miss the driving issue. Even if we could succeed in eliminating sexually impure actions, the heart and mind has not been transformed. Immorality begins in the heart, not in the action. If the heart remains impure, impure actions will follow—perhaps different actions, but impure, nonetheless. To truly solve the issue, the target must be the inner man, not just the behaviors.

## 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.

- When we just focus on the sexually immoral act, we miss what drove us to do the act.
- We must radically cut off opportunities that encourage us to be immoral.
- Sexual immorality is not a sin that begins with your eyes or your body. It begins in your heart.
- Pleasure becomes your functional god when you want that pleasure more than you want Jesus to be honored in your life.
- Sexual immorality is idolatry.



# Episode 2

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## 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 is sin like choosing to eat dog vomit?
- According to Hebrews 11:24–26, what attitude did Moses have toward sin and God?
- How can we train our hearts to no longer desire immorality?

## Answers

- Choosing to sin is like choosing the lesser thing. When asked to choose between a prime rib and dog vomit, no person in their right mind would choose the dog vomit. However, that is precisely what we are doing when we choose the fleeting pleasures of sin over the eternal and superior pleasures found in Christ. Jesus is better.
- Moses recognized that sin's pleasure was fleeting and could not satisfy. He valued God over the worldly benefits that were available to him. His heart was so set on honoring God and receiving the eternal reward in heaven that he no longer valued the treasures of Egypt.
- We must focus on who Christ is, seeing him as so valuable that He is our greatest desire. Over time, that desire replaces the old so that we don't even want the things of this world. Our hearts must replace its love of pleasure in sin with the love of pleasure in Christ. Our heart's perspective must change.

## Main Ideas

- When we choose sin, we are choosing the lesser thing – like choosing dog vomit over prime rib.
- Moses was willing to be mistreated for Christ rather than enjoy the fleeting pleasures of sin (Hebrews 11:24–26).
- Your heart must replace its love of pleasure and sexual immorality with the love of pleasure in Christ.
- Christ brings eternal satisfaction, something sin can never do.

# Episode 2

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## 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 temptation?
- Is falling to temptation inevitable?
- How can we overcome temptation?

## Answers

- Temptation is a solicitation to sin. It is an opportunity and invitation to fulfill one's own desires. As James describes it, temptation is when we are lured and enticed by our own desires (James 1:13)
- Temptation is inevitable, but for Christians, it can be overcome. We often feel like temptation is uncontrollable and we will inevitably succumb to it, and that may be true apart from the Holy Spirit. But Christ has set his children free from the bondage of sin, and with the help of the Holy Spirit, we can overcome our temptations.
- We overcome temptation by turning from our own desires. If we allow those desires to stay, they will lead us to sin. Desire breeds sin, which leads to death (James 1:13–15). But we can repent of even our desires and the Holy Spirit renews our minds. We must fill our hearts with the desire for Christ.

## Main Ideas

- As a Christian, you don't have to sin. You have all the power you need to have total victory over any sin.
- Temptation is a solicitation to sin.
- If we do not turn away from our evil desires, they will lead to sin (James 1:13–15). We must repent of and turn from our own desires.
- As Christians, we have died to sin; we are no longer enslaved by it (Romans 6:2).
- Christ has given us the power to overcome sin, but we must battle daily to achieve victory.

# Episode 2

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## 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*

- What is the goal of biblical counseling for someone who struggles with sexual immorality?
- Why is accountability important when fighting sexual sin?
- How is a correct view of Jesus instrumental in overcoming sexual sin?

## *Answers*

- The goal of biblical counseling for impurity is to facilitate a heart change that will lead to a behavior change. We want the behaviors to change, but that is not the root of the issue.
- We are foolish if we think we can be strong in a moment of weakness when we have access to things that promote immorality. Having others who know our struggle and have committed to helping us in our battle is important in limiting our opportunities to fail.
- When we have a correct view of who Jesus is, our desire for Him grows. We desire to honor Him more than we desire to fulfill our fleshly desires. We value Him above ourselves. We worship Him as God rather than worshiping our own desires. A correct view of Jesus is vital to a pure heart.

## *Main Ideas*

- An impure heart will always culminate in impure actions.
- Sexually immoral behavior is sinful, but in the end, we must get to the root. If you just focus on the actions, you're going to miss the heart that is driving those actions.
- The goal of biblical counseling for impurity is to facilitate a heart change that will lead to a behavior change.
- It is important to establish relationships of encouragement and accountability and requires a radical commitment to cutting off any opportunity to sin.
- Jesus is superior and supreme; the pleasure found in Him is eternal and satisfying, unlike the temporary pleasure of sin.

# Episode 2

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## Episode 2: Additional Resources

### Articles

- The Missing Ingredient for Sexual Purity by Luke Gilkerson at <https://www.biblicalcounselingcoalition.org/2015/07/22/the-missing-ingredient-for-sexual-purity/>
- How Do We Overcome Sexual Sin? by Bob Kellemen at <https://www.biblicalcounselingcoalition.org/2021/09/29/bcc-classic-how-do-we-overcome-sexual-sin/>
- 4 Strategies from Proverbs for Breaking the Grip of Porn by Luke Gilkerson at <https://www.biblicalcounselingcoalition.org/2015/04/30/4-strategies-from-proverbs-for-breaking-the-grip-of-porn/>
- Why Sexual Immorality Is a Big Deal by Darryl Burling at <https://www.biblicalcounselingcoalition.org/2021/03/01/why-sexual-immorality-is-a-big-deal/>
- Reacting to Your Teen's Sexual Sin by Elize Huie at <https://www.biblicalcounselingcoalition.org/2016/10/07/reacting-to-your-teens-sexual-sin/>

### Podcast

- Fighting Lust with Heath Lambert (Truth in Love Podcast) at <https://biblicalcounseling.com/resource-library/podcast-episodes/til-167-fighting-lust/>

### Conference Messages

- Purifying the Heart of Sexual Idolatry by John Street at <https://biblicalcounseling.com/resource-library/conference-messages/purifying-the-heart-of-sexual-idolatry/>

# Episode 3

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## 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:*

*Gluttony: Gospel Reflections for Foodies & Comfort Eaters by Brad Hambrick at <https://www.biblicalcounselingcoalition.org/2015/12/30/gluttony-gospel-reflections-for-foodies-comfort-eaters/>*

*Letting Psalm 46 Guide our Thinking by Karen McMahon at <https://biblicalcounseling.com/resource-library/articles/letting-psalm-46-guide-our-thinking%E2%80%AF/>*

### *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

- Is it a sin to enjoy food?
- How does causing inferior refuges to be unsatisfying demonstrate God's kindness?
- Where do our desires come from?

## Answers

- No. Food is not in itself bad. In fact God has given us food to enjoy and to sustain us. But we sin when we turn food into an idol.
- God shows kindness by never allowing our idols to fulfill us. In doing so, God reminds us that He is the only one that satisfies. He should be our refuge and comfort. Nothing else will work, and that is kind because it draws us back to the truth.
- Our thoughts and desires come from our inner person, from the overflow of our hearts. Thus, a desire for food as a refuge is an indication of a heart problem.

## 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.

- Food in and of itself is neither good nor bad. The real problem is a heart issue.
- From our hearts are going to come our thoughts, our loves, and our desires. The inner person is the fountain of why we do what we do (Proverbs 4:23).
- Trying to find comfort or refuge in anything other than Christ is going to leave you wanting more, perpetuating a cycle of failure and guilt.
- In His kindness, God causes the inferior comforts to never work. They cannot ultimately satisfy or fulfill—only Jesus can.

# Episode 3

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## 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*

- If God promises to provide food (i.e., our daily bread), how can it be a bad thing?
- How can overeating be a form of idolatry?
- Is biblical counseling only for those who don't know their Bible?

## Answers

- God provides food for fuel and promises to supply our daily bread. The problem comes when we elevate the gift above the Giver, looking to food as our refuge rather than God.
- We worship food when we consume it for comfort rather than looking to the ultimate Comforter. By looking to food for comfort is like replacing God or saying that His comfort isn't good enough.
- No. Sometimes it takes one-on-one biblical counseling to apply Scripture in such a way that the counselee now understands the real issue. "I never thought of it that way," is a common refrain in biblical counseling, even among mature Christians who are very familiar with the Scriptures.

## Main Ideas

- Food is good and should be enjoyed as a gift from God, but it should never take the place of the Giver.
- 1 Timothy 4:1–3 explains that nothing should be rejected if it is received with thanksgiving.
- God provides daily bread. Something goes wrong when instead of seeing food as a way of glorifying the Lord, food becomes the end all be all. The safety or comfort from eating has become a functional idol.
- The question becomes: what is going to be my ultimate source of comfort?
- The goal of biblical counseling is to apply the Scriptures in such a way that the counselee understands the real issue.

# Episode 3

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## 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*

- What does it mean to be a faith-led not a feelings-led believer?
- According to 2 Corinthians 1:3–4, where are we to find comfort?
- How can we walk by the Spirit, looking to God for comfort?

## *Answers*

- Christians are called to walk by the Spirit, not by the desires of the flesh. To be faith-led is to choose to walk according to the truths of Scripture by faith in God, rather than to allow subjective and fickle feelings to lead.
- God is the ultimate source of comfort. He comforts in all affliction. God is our refuge and strength, our help in trouble (Psalm 46:1–3). He is the God of all comfort and we should turn to Him alone when we are afflicted.
- When we face affliction, we must choose to walk by faith, refusing to run to the idol we have substituted for God. Instead, we must go to Him, meditating on Scripture to renew our minds, delighting ourselves in the Lord. When we are tempted to run to food (or any other inferior means of comfort), we must run instead to God.

## *Main Ideas*

- We may say the Holy Spirit controls us and determines how we think and feel, but we often reveal that we are more controlled by our flesh.
- We must be a faith-led believer, not a feelings-led believer. Our life is to be marked by walking by faith.
- Our Heavenly Father is the God of all comfort, according to 2 Corinthians 1:3–4.
- Psalm 46:1–3 shows that God is our refuge and strength, an ever-present help in trouble.
- When struggles come, we must in faith choose to turn to God, perhaps by meditating on Scripture or spending time with Him, instead of going to whatever thing we've been finding our refuge in. When we delight in the Lord, we can rightly consume food as the gift it is.

# Episode 3

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## 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*

- How can a counselee use a food journal to fight the temptation to overeat?
- What types of Scripture might be particularly helpful in the struggle against overeating?
- What is the biblical counseling goal for someone who struggles with overeating?

## Answers

- A food journal is a practical way to monitor food usage. This can help the counselee to see trends and identify when she is drifting toward overeating. A food journal can help the counselee to keep track of what is needed for fuel, as well as notice what is not necessary. It can also provide a sense of accountability since everything will be recorded.
- Meditating on Scripture is an important part of renewing the mind. For someone who struggles with food as a source of comfort, verses that will be particularly helpful will be reminders of God's comfort, pointing to Him as our refuge (e.g., Psalm 91:2–4, Psalm 46:1–3, 2 Corinthians 1:3–4).
- For the one who overeats, the goal is not to go on a severe diet or practice different nutritional principles. The goal is to develop a heart of worship that leads to rightly engaging food, while seeing that God is the ultimate source of comfort.

## Main Ideas

- Food is good. It's the use of food where we start to either serve idols or serve the Lord.
- A food journal can help you keep track of what you need (think fuel and flavor), but also let that help you realize what you don't need, and help you see when you are erring to the side of overeating.
- Accountability relationships are vital to breaking habits and encouraging us to go to God.
- As Psalm 91:2–4 states, God is our refuge and fortress. We must renew our minds by meditating on this truth, memorizing the Scriptures so that we can in our moment of weakness cry out to the Lord, "My refuge and my fortress, my God, in whom I trust!"
- The goal is not to regulate a diet; the goal is that we would, out of a heart of worship, engage food, while seeing that God is the ultimate source of comfort.

# Episode 3

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## Episode 3: Additional Resources

### Articles

- *Help! I'm a Slave to Food Interview* by Shannon Kay McCoy at <https://www.biblicalcounselingcoalition.org/2011/10/26/help-im-a-slave-to-food-interview/>
- *My Journey out of Anorexia* by Rebecca Maketansky at <https://biblicalcounseling.com/resource-library/articles/my-journey-out-of-anorexia/>
- *When You Hate Your Body, Part Two: The Forgetfulness of Self-Soothing* by Bekka French at <https://www.biblicalcounselingcoalition.org/2023/08/04/when-you-hate-your-body-part-two-the-forgetfulness-of-self-soothing/>

### Podcast

- *Biblical Help with Eating Disorders* with Dale Johnson and Manuel Herrera (Truth in Love Podcast) at <https://biblicalcounseling.com/resource-library/podcast-episodes/biblical-help-with-eating-disorders-feat-manuel-herrera/>

### Conference Messages

- *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 4

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## 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:*

*Counseling Those Impacted by a Loved One's Suicide* by Rachael Rosser at <https://www.biblicalcounselingcoalition.org/2019/09/11/counseling-those-impacted-by-a-loved-ones-suicide/>

*Consumed by God's Love in Our Grief* by Kim Shadday at <https://biblicalcounseling.com/resource-library/articles/consumed-by-gods-love-in-our-grief/>

### *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 makes dealing with the loss due to suicide cause so much more difficult?
- Why are questions so important to the biblical counselor?
- What role does theology play in biblical counseling and in dealing with grief?

## *Answers*

- All grief is painful to deal with and all loss is hard. But a suicide survivor is often plagued with questions of guilt, shame, and remorse on top of the sadness of missing a loved one. This complicates the grieving process and provides a unique challenge to the biblical counselor.
- The biblical counselor must ask wise questions in order to find the true root problem. Grief is a sensitive issue and there may be many different facets of difficulty for the counselee. Questions are instrumental in discovering the core issues to which Scripture needs to be applied.
- Many people think of theology as an academic pursuit, but theology is foundational in the life of any Christian. Theology directly applies to our hearts and our situations. The biblical counselor reorients the theology of struggling Christians to align with biblical truth and helps them to apply it practically to their lives.

## *Main Ideas*

- When dealing with the subject of loss, especially loss due to suicide, it is the role of the counselor to ask wise questions in order to be very thoughtful in diagnosing a suicide survivor's root issue.
- Dealing with loss is difficult, and especially so when dealing with loss due to suicide. There is inevitably guilt, remorse, and wondering "if only . . .".
- We often struggle to apply theology to our hearts. The role of a biblical counselor is to guide the counselee to a correct biblical theology and to apply that theology to their lives.
- As Christians, we grieve in a different way because of the hope that is given to us. Our hope isn't in this life; our hope is in the character of God and His promises.

# Episode 4

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## 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*

- What does the Bible teach happens to us when we die?
- For what will you give an account in the end?
- How can we deal with our past in a way that honors the Lord?

## *Answers*

- When we die, our physical bodies cease to function, but we still exist and our souls, if we are Christians, are in the presence of the Lord.
- You will give an account of your own life, your own actions, but you are not held responsible for someone else's actions.
- God does not want us to avoid our past, but to engage in our thoughts and memories in a way that honors Him. God's plan for us includes our past, and we honor Him by learning from our pasts and using what we've learned to help others.

## *Main Ideas*

- The Bible teaches that when we pass, our physical body ceases to function, but we still exist and our soul is in the presence of the Lord.
- At the end of your life, you will give an account for how you lived your life, not what someone else did. Other people will give an account for themselves.
- Part of learning to grieve in a way that honors the Lord is accepting it and facing it.
- We shouldn't think we have to avoid our past or thoughts about the past, but we should engage our thoughts and memories in a way that honors the Lord.
- God has given you your past as part of His plan for your life.

# Episode 4

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## 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*

- In dealing with the guilt of the past, what is the difference between a shortcoming and a sin?
- How is guilt a gift from God?
- According to 1 John 1:9, what happens when we confess our sins?

## Answers

- When looking at the past, there are things that were mistakes or shortcomings. These are things that were done in ignorance or were misguided, but there was no ill intent. We are guilty of sin in our past when we knowingly and willingly acted in contradiction to God's desires.
- Guilt is a gift of God because, in His kindness, He uses the feeling of guilt to lead us toward repentance.
- According to 1 John 1:9, when we confess our sins, God is faithful to forgive us. He cleanses us of all guilt for that sin. There is no partial confession or partial forgiveness. He has promised forgiveness when we confess our sins.

## Main Ideas

- While it is easy to turn to substances that mask the pain, guilt, shame, and regret, the Bible offers a more profound solution.
- When we think about our past, we must begin sifting through what was a failure or shortcoming versus what was a sin.
- Luke 12:47–48 demonstrates a different level of culpability for willing sin and wrong done out of ignorance. When the Bible does not condemn us, we should not see ourselves as guilty.
- Confession is acknowledging the nature of what sin is.
- When we confess our sins, God forgives us, cleanses us. Guilt over sin is part of God's kindness toward us because it leads us to repentance. And when we confess, we are free.

# Episode 4

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## 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*

- What does 2 Corinthians 1:3–5 teach about comfort?
- Why is the wisdom of God a helpful attribute to study in dealing with grief and the past?
- What is the goal of biblical counseling when dealing with the past?

## *Answers*

- God is the source of all comfort, but it isn't just about me. God comforts us in our affliction so that we can comfort others. In this way, our affliction and our comfort become an opportunity to serve others.
- God is perfectly wise, meaning that He makes no mistakes and He does all things perfectly. He chooses the best goal and the best means to achieve that goal. When we understand His wisdom, we can trust that His plan is perfect and we can find comfort in knowing that He will use our affliction to grow us and to equip us to serve others.
- As we seek to understand the past, the goal is not just to grow in knowledge, but to respond in the present in a way that is faithful to the Lord and to become more like Jesus.

## *Main Ideas*

- Our pasts are complicated, messy, and sometimes flat out difficult.
- In our past, we're either innocent or guilty. I may have made a foolish decision, but that doesn't necessarily mean I was culpable or sinned before the Lord. Yet, there were other times in which I was acting in a sinful way. I have to learn to respond to my past in a way that honors the Lord.
- God brings comfort in affliction so that we can comfort others. Our comfort is not just about us, but also about serving others. (2 Corinthians 1:3–5)
- The wisdom of God means that He chooses the best goal and the best means to reach that goal.
- As you are seeking to understand your past, the goal is not just to grow in knowledge, but as you understand your past, you can respond in the present in a way that is faithful to the Lord, becoming more like Jesus.



# Episode 4

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## Episode 4: Additional Resources

### Articles

- *Hope and Joy in a Season of Grief* by Diane Jacoby at <https://biblicalcounseling.com/resource-library/articles/hope-and-joy-in-a-season-of-grief/>
- *Helping Those Who Grieve* by Karen McMahon at <https://biblicalcounseling.com/resource-library/articles/helping-those-who-grieve/>
- *The Valley of the Shadow* by Samuel Stephens at <https://biblicalcounseling.com/resource-library/articles/the-valley-of-the-shadow/>

### Podcast

- *Ministering to Families after Suicide* with Dale Johnson and Jim Newheiser (Truth in Love Podcast) at <https://biblicalcounseling.com/resource-library/podcast-episodes/til-191-ministering-to-families-after-suicide/>

### Conference Messages

- *Understanding and Dealing with Suicide* by Nicolas Ellen at <https://biblicalcounseling.com/resource-library/conference-messages/understanding-and-dealing-with-suicide/>

# Episode 5

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## 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 “B” in Biblical Counseling by Stephen Ham at <https://biblicalcounseling.com/resource-library/articles/the-b-in-biblical-counseling/>*

*Hope—An Essential Lifeline in Counseling by Ruth Granlund at <https://biblicalcounseling.com/resource-library/articles/hope-an-essential-lifeline-in-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*

- How should we view ourselves in light of Scripture?
- What is the result of self-pity? What is the result of an accurate view of self and others?
- What is the antidote to self-pity?

## *Answers*

- The Bible teaches that this life is not about us. We were created to serve God and to serve others. We are to humbly consider others as more important than ourselves.
- Self-pity and a focus on self results in our joy, peace, and satisfaction being replaced with bitterness, lack of peace, and hypersensitivity.
- The antidote to self-pity is an accurate view of God's goodness and an accurate view of self. This will lead to a focus on God and serving others.

## *Main Ideas*

- Biblical counseling is sufficient to enable believers to experience genuine life change. If you are lacking hope, but have the Holy Spirit living in you, then you have all the resources that you need to experience genuine, lasting change.
- Scripture teaches that God is good. And God's goodness means that everything that He does is good, even the ways that He does it are good.
- When we have a high view of God, what takes place is we then begin to have an accurate view of ourselves. We begin to see ourselves for who we really are, according to the Scripture.
- Philippians 2 says that this life is not about us. We were created for God and to also serve other people.
- When self-pity has gripped your life, the joy, the peace, and the satisfaction that can be found only in God through Christ is robbed from you.

# Episode 5

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## 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*

- What is the answer to despair and hopelessness?
- Why is suicide not an option for a Christian?
- What does it mean to be a good steward of this life and body God has given me?

## *Answers*

- The answer to despair is to focus on God and His promises. When God's perspective informs our circumstances, we will find hope instead of despair.
- For a Christian, suicide is not an option because our bodies are not our own. Our bodies belong to God, bought by the blood of Christ. My life belongs to God; my life is not mine to take.
- My life and my body are gifts from God, given to be in order to honor Him and serve others. To be a good steward of these gifts, I must see this life as an opportunity for fruitful ministry to others. I use my body in a way that honors Him and shows that I trust Him.

## *Main Ideas*

- My body is not my own. I'm to use it to serve the Lord. The reality is that my life is not mine to take.
- The answer to despair and hopelessness is to focus on God, focus on His promises, focusing on what He's doing right now in your circumstances.
- There is no sin too big for God to forgive.
- If we focus on what God is doing, if we let God's perspective inform our circumstances, what we'll find is that instead of despair, we have hope.
- My hope is not in my circumstances, but it's in God.

# Episode 5

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## 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*

- What is a panic attack?
- What is the key to dealing with panic attacks (of the non-medical variety)?
- How does perfectionism lead to panic attacks?

## Answers

- A panic attack is an attack on the senses, often resulting in physiological abnormalities. It can be caused by medical issues or incited by unconscious thoughts that are leading to extreme forms of fear.
- The key to addressing panic attacks is to identify what is happening in the inner person to incite the attack. The root issue is often related to thoughts that are not being held captive and evaluated against the truth of Scripture.
- When we perceive that our view of self, others' view of us, and future opportunities all rest on our performance, we are likely to struggle with perfectionism. This often is tied to an inaccurate view of ourselves (either too high or too low), a fear of man (seeking approval), or a misunderstanding of God's expectations.

## Main Ideas

- A panic attack can be incited by unconscious thoughts that are leading us to extreme forms of fear.
- When we don't filter our thoughts according to Scripture, they can lead to anxiety or even panic attacks.
- The key to dealing with panic attacks that are not caused by physiological factors is to analyze what caused the attack or what was going on at the time in order to identify the issue of the inner person that needs to be addressed.
- We must view our expectations for ourselves through the lens of Scripture.
- God is pleased by our hearts, our attitudes, more than the outcome of our efforts.

# Episode 5

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## 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*

- How can I honor my parents when I don't feel valued?
- How should a Christian view suicide?
- Is God ever disappointed with us?



## Answers

- Honoring our parents is ultimately about obedience to God, not about whether or not our parents deserve honor. I don't honor my parents because they value me; I honor them because God has called me to.
- Suicide is not an unforgiveable sin, but it is a sin against God. As a Christian, suicide should never be an option because my body is not my own, my life has been bought by Jesus. As a Christian, we are never truly hopeless. We must cling to God and His promises to find hope, peace, and fulfillment.
- In the sense of displeasing God, yes, there are times when we do things that are not pleasing to the Lord. But in the sense of judgment, Christians stand in the righteousness of Christ, not our own. In this sense, Jesus has pleased God on our behalf, and Jesus never disappoints.

## Main Ideas

- Sometimes we can let our jealousy cause us to inaccurately interpret the actions of others to mean that we are not as favored or valued. We must be careful to discern between a perceived inequality and an actual partiality.
- Ultimately, honoring our parents is not inherently about them; it is about our obedience to the Lord. There may be times when our parents are not acting honorably, but we still want to express respect and honor to them.
- Our salvation is secure not based on what we do but because of what Christ has done. Christ holds us fast.
- Suicide is sinful, taking a life that is not yours to take, responding to circumstances in a way that is extremely unhelpful, compounding the problem, and leaving a complicated mess for loved ones.
- There are times when we can displease God. But remember, our righteousness and our right standing with God is not based on what we do.

# Episode 5

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## Episode 5: Additional Resources

### Articles

- *Counseling With Purpose* by Greg Wetterlin at <https://biblicalcounseling.com/resource-library/articles/counseling-with-purpose/>
- *The Prideful Heart* by BCC Staff at <https://www.biblicalcounselingcoalition.org/2014/03/05/the-prideful-heart/>
- *The Torment of Perfectionism* by Rick Thomas at <https://www.biblicalcounselingcoalition.org/2012/04/17/the-torment-of-perfectionism/>

### Podcast

- *Helping My Friend Who's Suicidal* with Heath Lambert (Truth in Love Podcast) at <https://biblicalcounseling.com/resource-library/podcast-episodes/til-056-helping-my-friend-whos-suicidal/>
- *The Method of Biblical Counseling* with Dale Johnson and Samuel Stephens (Truth in Love Podcast) at <https://biblicalcounseling.com/resource-library/podcast-episodes/the-method-of-biblical-counseling/>

# Episode 6

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## 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:*

*A Testimonial: How Biblical Counseling Helped a Person Struggling with “Low Self-Esteem”—The Idol of People-Pleasing at <https://www.biblicalcounselingcoalition.org/2012/07/30/a-testimonial-how-biblical-counseling-helped-a-person-struggling-with-low-self-esteem-the-idol-of-people-pleasing/>*

*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/>*

### *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 know if you are making poor decisions?
- What is the root behind poor decision-making?
- Who should we ultimately be trying to please with our decisions?

## *Answers*

- We all make poor decisions from time to time, but if we are in a habit of making poor decisions, there will be signs. We may regret many of our decisions afterward, friends or families may point out to us that we are making bad decisions, or we may find ourselves struggling spiritually.
- Making poor decisions is often a fruit of misplaced priorities. In Isabelle's case, her desire to please people becomes paramount in her decision-making, often leading to an overcommitment.
- Ultimately, it is not others who we should seek approval from, but from the Lord.

## *Main Ideas*

- Signs of poor decision-making include commonly regretting decisions, feeling stuck in life, hints from family or friends, a suffering spiritual life, and lack of time for spiritual disciplines.
- Overcommitting and poor decision-making are fruit issues. In Isabelle's case, the root issue is people-pleasing.
- People-pleasers have prioritized people's perspectives of them.
- Our priority should be on pleasing God more than pleasing people. If what we do is honoring Him, we should be willing to accept if it creates a bit of a burden on others.

# Episode 6

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## 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*

- How is overcommitting yourself actually displeasing to God?
- What is partiality?
- What is the biblical response to people-pleasing?

## Answers

- God has entrusted us as stewards of the gifts He has given us, including time, energy, and resources. When we overcommit ourselves, we are not being good stewards. We are trying to accomplish what God has not asked us to do, usually at the cost of doing well what He does expect us to do.
- Partiality is favoring one type of person over another. James uses the example of a rich man and a poor man. Showing greater honor to the rich man because he is better respected is showing partiality. God condemns partiality.
- The biblical response is to put off the fear of man and put on the fear of God. The key is not to think less of people, but to think more of God.

## Main Ideas

- Besides our Lord Jesus, it is highly unlikely that there's ever been a human who didn't struggle with people pleasing. We all long for people to think highly of us.
- John 12:42–43 shows how the fear of man drives us to unwise decisions, perhaps even those contrary to what would honor God.
- We are called to be good stewards of what God has entrusted us, and if we are overtaxing ourselves in terms of energy, time, or resources, we are not stewarding well.
- Sometimes we connect people's approval with God's approval, which confuses the issue. We think God must be displeased if this person is upset with me.
- The antidote to fearing man and making decisions that please people is to fear the Lord and make decisions that please him..

# Episode 6

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## 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 can we know what decisions please God?
- What role does obedience play in the life of a believer?
- How is Moses an example of making decisions by faith?

## Answers

- God's Word is the key for understanding what God's will is. Only by studying His Word can we come to know how to please Him.
- We are not saved by our obedience—that only comes through faith in Jesus Christ—but we obey because God has saved us. The life of the believer is to be characterized by obedience to God in faith and love.
- Moses is commended in Hebrews 11 for counting the reproach of Christ better than the riches of Pharaoh's palace or the fleeting pleasures of sin. Moses recognized that the fear of God was more important than the fear of man, and he chose to follow God because of that.

## Main Ideas

- God's Word is going to be what gives us clarity for what His will is.
- Deuteronomy 10:12–13 is a reminder to Israel of the way they are to conduct themselves when they enter the promised land—to fear the Lord, to love Him, and ultimately to serve Him with all their heart and soul. This is what Jesus refers to as the greatest commandment.
- Obedience doesn't bring about salvation; obedience doesn't even bring about a right standing with God; those take place by faith alone in Christ's righteousness. But because we have been saved, by faith we obey Him.
- We must make faith-based decisions. Moses is a great example of decision-making that is motivated by faith.
- When people are big, God is small; and when God is big, then our attitude toward people finds its proper place.



# Episode 6

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## 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*

- Why do biblical counselors give homework?
- What two sources should be habitually consulted if we wish to make wise decisions?
- What do you do if there is no clear right and wrong decision?

## Answers

- Biblical counselors don't just give homework as busy work. Biblical counseling homework is designed to intentionally help the counselee to come to a greater knowledge of God and His Word and to apply truth practically to a given situation.
- First, we must consult Scripture. The Bible is how we gain clarity on what God's will is and what pleases Him. Time in His Word also helps us to focus our desires on pleasing Him first and foremost. Second, we should consult wise, godly, biblically informed individuals to help us think through our decisions through the lens of Scripture.
- If none of the options before you goes against biblical principles and wise counsel does not demonstrate a clearly superior choice, you have the freedom to choose according to your desires. God can use our desires to guide us, if our desires are in line with biblical principles and wise counsel.

## Main Ideas

- Homework is more than just something to do, it's really practical application of biblical principles.
- A "think and do" list is used to help a counselee to think about what they should be doing biblically and to articulate that. Then, when it comes time to put it into practice, you can apply what the Scripture says.
- God's word that is the authority. Secondly, consult the counsel of wise, godly, biblically informed individuals.
- God actually directs you through your desires. When acting within biblical principles and in consideration of wise counsel, you are free to make a decision.
- We're making decisions that honor the Lord when we're acting according to His Word and wise counsel.

# Episode 6

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## Episode 6: Additional Resources

### Articles

- Promises for Overcoming the Fear of Man by Derek Stone at <https://biblicalcounseling.com/resource-library/articles/promises-for-overcoming-the-fear-of-man/>
- Pleasing People Review by BBC Staff at <https://www.biblicalcounselingcoalition.org/2012/09/12/pleasing-people-review/>
- Should I Care What Others Think of Me? by Joe Keller at <https://www.biblicalcounselingcoalition.org/2023/01/20/should-i-care-what-others-think-of-me/>
- BCC Weekend Resource: Living for Approval by Amy Baker at <https://www.biblicalcounselingcoalition.org/2015/05/09/bcc-weekend-resource-living-for-approval/>
- God Told Me To by Paula Higuchi at <https://biblicalcounseling.com/resource-library/articles/god-told-me-to/>

### Podcast

- Counseling People Pleasers with Dale Johnson and Lou Priolo (Truth in Love Podcast) at <https://biblicalcounseling.com/resource-library/podcast-episodes/counseling-people-pleasers/>

# Episode 7

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## 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:

A Biblical View of Truth by Heath Lambert at

<https://biblicalcounseling.com/resource-library/articles/a-biblical-view-of-truth/>

#### Podcast:

Help for Liars with Heath Lambert (Truth in Love Podcast) at

<https://biblicalcounseling.com/resource-library/podcast-episodes/til-108-help-for-liars/>

### *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 lies create a prison or a vortex?
- What types of motivations are there for lying and deception?
- Is it ever too late to change?

## Answers

- Once a lie is told, it often leads to telling additional lies to keep the truth from being discovered or to keep up certain appearances. Soon, the lies create a prison that may cause additional lies to seem necessary.
- There are a variety of motivations that can tempt a person to lie. They may wish to avoid consequences for their behavior; perhaps they desire others to see them a certain way; maybe they fear exposure or what others will think. Determining the motivation behind the lies is important for successful biblical counseling.
- While it may be too late to change the past or to avoid certain consequences, as long as you have breath and the Holy Spirit, there is hope for change. You can live the rest of your years proud of the way you've course corrected.

## 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 describes those who lie as an abomination, and all liars will have their part in the lake of fire.
- God is a God of truth, and therefore He must condemn lying.
- Liars are living in a prison of their own making, adding bars to the cell with each new deception.
- The good news is that Jesus promises to set us free from the bondage of sin. In Christ there is hope for the man or woman who is shackled to sin.
- It is better to be in jail knowing you acted with integrity and honored the Lord than to be a free man who dishonors the Lord.

# Episode 7

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## 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*

- What is the difference between a fruit issue and a root issue in biblical counseling?
- How does God view lying?
- How does understanding biblical love help the Christian struggling with deception?

## *Answers*

- A fruit issue refers to something that is a symptom or a manifestation, but it is not the core issue. The root issue is the underlying source of the problem. The root issue is a problem in the inner self that manifests itself in the fruit, or symptom.
- God sees lying as an abomination (Proverbs 12:22). As the God of truth, God hates lying and must condemn it.
- The motivations to lie are generally self-centered. If we are Christians, we are to be characterized by biblical love, which requires selflessness. Biblical love leads me to honor the Lord and sacrifice for others. We are to be motivated by this selfless love, not by selfishness.

## *Main Ideas*

- Words are really not the core root issue of why you lie and deceive. The source of the problem is something happening in your heart that leads you to the sin of lying.
- According to Proverbs 12:22, lying is an abomination to God.
- Biblical love is not selfish love. It is selfless love, servant love. Biblical love is motivated by honoring the Lord and doing good to others.
- The remedy for lying is not saying, “it’s bad, stop, never lie again.” The remedy is to step aside and not live for your own comforts and how people see you, but live for God.
- It would be better to be in jail with integrity and know that you honored the Lord than to be a free man who dishonors the Lord.



# Episode 7

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## 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*

- What is a root behind lying, based on 2 Timothy 3:1–3?
- Is there a time when it is okay to lie?
- What is the remedy for lying that is motivated by self love?

## Answers

- 2 Timothy 3:1–3 discuss love of self, among other attitudes that dishonor the Lord. When our love for self becomes greater than our love for the Lord, it becomes a functional god. Lying is a fruit of that selfishness as we attempt to use deception to our own benefit.
- We often try to rationalize or justify our sin, but the truth is that lying lips are an abomination to God. Our rationalizations are just lies we tell ourselves so we don't feel so guilty for lying. There is no context in which lying is right.
- The remedy is to replace self-love with a love for the Lord. When we love God more than ourselves, our desire to honor Him through truth-telling becomes stronger than our temptation to lie for our own comfort or ease.

## Main Ideas

- In 2 Timothy 3:1–3, we see that people will be lovers of self rather than lovers of God. Pleasure is not the enemy (nor money nor self), but when those loves become greater than your love for God, they become functional gods, which is idolatry.
- The remedy for pathological lying motivated by love for self is to grow even more in your love for the Lord.
- We can't serve two masters. We will either serve ourselves or we will serve God. It is only when we love God more than our own comfort and ease that we will be able to stop lying.
- There is no context in which lying is right, no matter the rationale or motivation.
- When you love the Lord so much that whenever you speak, you speak in a way that honors Him, then telling the truth in love becomes as much a habit as lying did. And when you are acting in a way that honors God and live a life of integrity, there is nothing to lie about.

# Episode 7

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## 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*

- How does the narrative of Jonathan and David's relationship inform the idea of selflessness?
- How is lying selfish?
- How does 1 Corinthians 10:31 help to reorient our thinking?

## Answers

- Jonathan loved David biblically, sacrificing himself and wanting only the best for David. We might have expected him to be jealous or resentful of David, and he likely would have been if he was focused on self. But instead, Jonathan showed a selfless love to David.
- Lying is selfish because it is motivated by a love of self, a desire to benefit from falsehood. It is about serving you, protecting you, affirming you, rather than serving them.
- 1 Corinthians 10:31 teaches that we should do everything to glorify God. When that is our goal and our desire, we cannot continue to sin. We must ask ourselves, “Is what I am about to say going to glorify God?” This perspective will renew our minds and train us to be truth-tellers rather than liars.

## Main Ideas

- By growing in your love for the Lord, God will begin to transform you into a truth teller, and not a liar
- Jonathan self-sacrificially cared for David. His love for him was about David’s good and his best interest (2 Samuel 19–20).
- Lying to people is trying to make them, and your relationship with them, about you. You are serving self rather than others.
- 1 Corinthians 10:31 says that everything we do should be glorifying the Lord.
- The intentional practice of serving others can help to reclaim a selfless, sacrificial perspective of self.

# Episode 7

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## Episode 7: Additional Resources

### Article

- *The Importance of Biblical Communication* by BCC Staff at <https://www.biblicalcounselingcoalition.org/2014/01/19/the-importance-of-biblical-communication/>
- *We Can Change!* by Margaret Glass at <https://biblicalcounseling.com/resource-library/articles/we-can-change/>
- *Gracious Candor: A Tutorial in Speaking Truth in Love* by Heath Lambert at <https://www.biblicalcounselingcoalition.org/2012/03/14/gracious-candor-a-tutorial-in-speaking-truth-in-love/>
- *Repentance: Seeking God's Glory Through Self-Confrontation* by Jacob Elwart at <https://biblicalcounseling.com/resource-library/essays/repentance/>
- *Five Principles for Building Genuine Relationships* by Rick Thomas at <https://www.biblicalcounselingcoalition.org/2020/08/31/five-principles-for-building-genuine-relationships/>

# Episode 8

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## 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*

#### *Article:*

*Loneliness by Anne Dryburgh at <https://www.biblicalcounselingcoalition.org/2018/02/21/loneliness/>*

*Loneliness with Christ by Kim Kira at <https://www.biblicalcounselingcoalition.org/2021/11/04/loneliness-with-christ/>*

### *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 can you feel lonely when you have meaningful relationships?
- What is a possible root of loneliness?
- How does Kourtney's root issues exacerbate her loneliness problem?

## *Answers*

- The feeling of loneliness is often not about being literally alone, but about seeking something that you are not receiving. In this way, loneliness is just the fruit issue, the manifestation of something else happening in the inner person.
- For Kourtney, it appears the root behind her loneliness is a fear of rejection.
- Kourtney feels lonely, but then her fear of rejection leads her to isolate herself, causing her to feel even more lonely. She is caught in a loneliness cycle.

## *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.

- Feeling lonely even when you have friends and family is a sign that you are seeking something you are not receiving.
- A root of loneliness and self-isolation may be a fear of rejection.
- Being overly concerned about what people think of me will make me bad at relationships.
- The fear of rejection can lead to self-isolation, which causes the counselee to feel even more lonely.

# Episode 8

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## 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*

- How do we think rightly—biblically—about ourselves?
- Why is a community so important to the believer?
- What are the two opposing dangers of a believer's view of self?



## Answers

- We must think about things that are true, honorable, pure, lovely, and commendable. We must not flatter ourselves and think more highly than we ought, but we must not think of ourselves too lowly, either. We must see ourselves the way God does.
- Biblical community is essential in the life of a believer because those who are walking alongside of us can help encourage us and hold us accountable, pointing us back to Scripture when we begin to stray. Without that community, it is easy for us to get in the habit of wrong thinking.
- Thinking biblically about ourselves requires an accurate view of ourselves. The danger is to either think too highly of ourselves (which Paul warns against in Romans 12:3), but we also must take care not to view ourselves too lowly. Both ditches are forms of unbiblical self-centered thinking.

## Main Ideas

- Philippians 4:8 tells us clearly to think about these things. We are instructed to think on things that are true, honorable, just, pure, lovely, commendable, excellent, and worthy of praise.
- Proverbs 18:1 condemns self-isolation. Isolation is self-centered and against sound judgment.
- Isolation and suffering in silence is most detrimental to ourselves. We are hurting our own ability to think rightly and biblically.
- Community is an important part of facilitating biblical thinking. We need brothers and sisters in Christ to walk alongside us and help us stay grounded in the Word of God.
- Secular therapy would encourage Kourtney to affirm herself and practice high self-esteem. But that is not a biblical approach. God wants us to see ourselves accurately, as He does, not erring to self-flattery nor to self-abasement.

# Episode 8

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## 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*

- What are the two sides to the self-centered coin that leads to isolation and loneliness?
- How are thinking and feeling connected?
- In whom must we trust for our ultimate affirmation?

## Answers

- Some isolate because they fear others will not think of them as highly as they think of themselves. Others isolate because they feel unworthy of acceptance.
- Thinking and feeling are very much connected. Wrong thinking can lead to wrong feelings, which we often allow to lead us into wrong action. Alternatively, right thinking can train us to feel and act rightly.
- It is God who affirms us. He cherishes His children and promises us peace and safety. We can trust in Him, and when we recognize that our identity is in Him and He holds us dear, we will not cling so desperately to the affirmation of others.

## Main Ideas

- Many people self-isolate because of pride, fearing that others will not think of them as highly as they think of themselves. Others, like Kourtney, have the opposite issue. They think so lowly of themselves that they can't imagine anyone would affirm them.
- Wrong thinking can lead to wrong feelings. And when we allow those feelings to drive us, they lead to wrong actions.
- God is the one that ultimately makes us safe and at peace, according to Isaiah 26:3. What makes us impenetrable to rejection by humans is actually to find our stability in the Lord, first and foremost.
- When God is my rock and God is the source of my identity and the source of my affirmation, then the reality is that I'm less affected by other people.
- If you are in Christ, God affirms you. The Lord cherishes His children, and while it might hurt to be rejected by man, when we remember that we are accepted by the only One who truly matters, then we can seek relationships and even be vulnerable, because we have nothing to fear.

# Episode 8

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## 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 can meditating on Philippians 4:8 help us to think biblically?
- How does understanding God's view of us help us to better relate to people?
- In what way is my focus a key to overcoming isolation and loneliness?

## Answers

- Meditating on Scripture helps us to renew our minds with a correct focus. Philippians 4:8 reminds us that our thoughts matter and that we should be filling our minds with things that are true and commendable. Meditating on this verse helps us to keep that list of uplifting thoughts in our minds so we can take every thought captive and check to see if it is biblical or not.
- When our affirmation is found in God, we no longer need to seek it from other people. This frees me to fulfill the responsibility God has called me to—to serve others. The better I understand God's view of me and His purpose for me, the better I will engage with people.
- When I focus on my loneliness or fear of rejection, I perpetuate a cycle of loneliness and fear of rejection. When I shift my focus off of me and my anxiety over what others will think of me, and I instead turn my focus on how I can best serve others and best reflect God's glory, that is how I will become free from my fears and feelings of loneliness.

## Main Ideas

- Isolation can be connected to one's view of people's acceptance or rejection.
- Meditating on Philippians 4:8 is useful for reorienting one's thinking to a biblical perspective.
- Understanding God's view of us and the truth of Scripture will lead us to renew our minds in better understanding how we can relate to people.
- We must ask ourselves if our thoughts are accurate according to Scripture or are we believing lies.
- A key to engaging people biblically is to shift from a focus on how I am being viewed to looking for ways to serve others as God has called me to do.

# Episode 8

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## Episode 8: Additional Resources

### Articles

- *Help and Hope for Your Social Anxiety* by Lucy Ann Moll at <https://www.biblicalcounselingcoalition.org/2022/08/24/help-and-hope-for-your-social-anxiety/>
- *Three Foundational Truths to Fight Our Fears: A Meditation on Isaiah 41:8–10* by Robert Jones at <https://www.biblicalcounselingcoalition.org/2019/02/08/three-foundational-truths-to-fight-our-fears-a-meditation-on-isaiah-418-10/>
- *Understanding the Self: Created, Fallen, Redeemed* by Jenn Chen at <https://www.biblicalcounselingcoalition.org/2018/05/23/understanding-the-self-created-fallen-redeemed/>
- *What's Wrong with Positive Affirmations?* By Lucy Ann Moll at <https://www.biblicalcounselingcoalition.org/2023/02/01/whats-wrong-with-positive-affirmations/>

### Podcasts

- *Considering Loneliness with Dale Johnson and Lou Priolo* (Truth in Love Podcast) at <https://biblicalcounseling.com/resource-library/podcast-episodes/considering-loneliness/>

# Episode 9

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## 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:

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

*A Good God by Stephen Yuille at <https://biblicalcounseling.com/resource-library/articles/a-good-god/>*

### *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 does it mean that God is sovereign?
- What is a common root cause of worry or anxiety?
- Why is knowing truth sometimes insufficient?

## *Answers*

- God is sovereign, meaning that He is in control of all things. He rules every molecule in the universe.
- Anxiety is often caused by an underdeveloped view of God. We either think He is not in control, or we think that He is not good and loving.
- Many times, Christians know the truth in an intellectual sense. But that is not the same thing as applying truth to your life, allowing it to affect your feelings and perspectives. Knowledge of truth is necessary, but application of that knowledge is when change happens.

## *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.

- Anxiety is often a result of an underdeveloped view of God.
- Anxiety is often a fruit of feelings becoming an authority in my life.
- God is sovereign—He rules every molecule in the universe.
- God is loving and good—He does what is best for His children.
- It's one thing to know theological answers on a test. It's another thing to know truth in a way that actually affects your feelings.



# Episode 9

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## 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 Matthew 6:25–30 teach about worry?
- What does 2 Timothy 3:16–17 teach about Scripture?
- How does worry come from a battle between faith and feelings?

## Answers

- Jesus taught that worry does not benefit us. Worry does not feed or clothe us or add years to our lives. We do not need to worry because God is in control and He has promised to care for and protect us. We are to be driven by God's purpose, not by our worry.
- Scripture is breathed out by God. The words we read in Scripture are God's words, just as if He were speaking to us audibly. Scripture is useful and given to equip us for the Christian life.
- When we truly trust God, we have no need for worry. When we recognize God is sovereign and His promises are true, we won't worry. We worry when we let our emotions lead us, when we focus on our fears and feelings rather than God.

## Main Ideas

- While most of us would say that the Bible is our foundation, the practical reality is that we don't always let the Bible guide our lives and our emotions.
- We know who God is by how he has revealed himself in Scripture.
- One of the ways that we facilitate trust is growing in a high view of Scripture. When we understand the Scripture to be the very words of God, then it brings with it His authority.
- If God has revealed in his word something as true, then I have to say, no matter what I'm feeling right now, God has said it and it's true.
- If you have a debilitating fear, the Lord encourages you to trust Him and His promises. God is sovereign and good. He's reliable, trustworthy, and faithful. When you trust all of those things about God, you will see your fears evaporate and be replaced with trust.

# Episode 9

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## 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*

- What is a potential danger of systematic theology?
- What does it mean that God is good?
- What are the top three descriptors of God in the Bible?

## Answers

- Systematic theology can be very helpful as it seeks to develop a holistic understanding of what the Bible teaches about a particular doctrine. But if we are not careful, we may find ourselves focusing on one part of God or one particular doctrine at the exclusion of others. This can cause us not to have a full picture of God.
- God is good and He Himself is the standard for what is good. Everything He does is good. God is in control, yes, but He is also good. No matter what His plan, it is the right plan, the best plan. Everything God does is good.
- While many may think of attributes like holy, just, or wrathful, the top three biblical descriptors of God are good, able, and faithful. God is in control and is all-powerful to do all that He desires. And He is good, so His desires are for the best. Because God is faithful, we can trust that He will fulfill His promises.

## Main Ideas

- Systematic theology is the study of every verse in the Bible that talks about a particular subject and then develop a holistic understanding of that particular doctrine or theology.
- God is good, and He Himself is the standard of that which is good.
- No matter what plan God chose for your life, it's the best one, the right one.
- Allowing anxiety to rule your life prevents you from seeing the fullness of God.
- The key to overcoming anxiety is to grow in your trust of the Lord by believing God's Word that discloses God is sovereign and God is good. He's able, and he's faithful.

# Episode 9

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## 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*

- How did Bill's anxiety come from selfishness?
- How can a worry journal help someone struggling with worry?
- What does Psalm 119:67–68 & 71 teach about affliction?

## *Answers*

- Anxiety and worry can come from a place of selfishness when the motivation is that I don't want my plans to be interrupted, thinking my plans are better.
- By recording and articulating the things that are tempting you to worry, you are better able to identify the root causes and determine how God wants you to respond.
- God demonstrates His goodness in affliction. Affliction is actually a means of restoring us back to the Lord. Even if God's plan includes affliction for us, we must trust that even in that, God is in control and He is entirely good.

## *Main Ideas*

- Anxiety can be borne out of a selfish desire for comfort and control, clinging to one's own plans and desiring for those plans not to be interrupted.
- A worry journal can help in articulating what is tempting you toward sin so that you can begin to digest what God's Word tells you to do.
- Psalm 119:67–68 & 71 say that affliction is actually a means of restoring us back to the Lord. God's goodness is demonstrated in affliction.
- God is both sovereign and good. He is in control of all things and He is always good.
- Because God is good, His plans are always good. We can trust that His plans are always better than ours.

# Episode 9

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## Episode 9: Additional Resources

### Articles

- *Humility and Anxiety* by Dave Dunham at <https://www.biblicalcounselingcoalition.org/2015/05/26/humility-and-anxiety/>
- *Be Anxious for Nothing* by James D'Souza at <https://biblicalcounseling.com/resource-library/articles/be-anxious-for-nothing/>
- *The Benefits of Affliction in the Psalms* by Margaret Glass at <https://biblicalcounseling.com/resource-library/articles/the-benefits-of-affliction-in-the-psalms/>
- *Three Questions to Make Sense of Anxiety* by Joe Hussung at <https://www.biblicalcounselingcoalition.org/2023/03/15/three-questions-to-make-sense-of-anxiety/>

### Podcast

- *Biblical Wisdom for Anxiety* with Dale Johnson and Tim Pasma at <https://biblicalcounseling.com/resource-library/podcast-episodes/biblical-wisdom-for-anxiety/>

### Conference Message

- *The Goodness of God in Counseling* by Martha Peace at <https://biblicalcounseling.com/resource-library/conference-messages/the-goodness-of-god-in-counseling/>

# Episode 10

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## 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:*

*Navigating Conflict with Lost Family* by John Fry at <https://biblicalcounseling.com/resource-library/articles/navigating-conflict-with-lost-family/>

*Tensions in Relationships—Can Jesus Help?* by Ernie Baker at <https://www.biblicalcounselingcoalition.org/2017/05/24/tensions-in-relationships-can-jesus-help/>

### *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 struggle many Christians encounter during what some call the “cage stage” of Christianity?
- How do we sometimes use the Bible as a hammer?
- According to Scripture, where do conflicts come from?

## Answers

- Many believers, especially new converts, are extremely excited about the Gospel and what God has done in their lives. But this exuberance to share God’s Word can sometimes put a strain on relationships with those who don’t believe the same way.
- While we often have good intentions for sharing the Word of God, sometimes we wield it like a hammer, using it to try to force someone to do what I want or what I think they should be doing.
- Conflicts are outside of us, an overflow from what is happening within us. Conflict comes from a clash of desires and passions.

## 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.

- Sometimes when we share the Bible, we really want them to hear God's Word and be open to the truth, but other times, we use God's Word like a hammer to get people to do what we want them to do.
- Interpersonal conflict is something that is outside of us, which overflows from something else that's happening inside of us.
- Even a desire for good things can get too big.
- What you're wanting when you're in conflict is often the cause of conflict.
- The first step to dealing with relational tension is to consider how I am contributing to the conflict.

# Episode 10

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## 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*

- How can we live at peace if someone will not forgive us?
- Have I failed if my friends or family members have not accepted the Gospel?
- Whose job is it to change someone's beliefs, to change their heart?

## Answers

- The Bible tells us to live peaceably with all people, as far as it depends on us. If we have done everything we can to seek forgiveness and reconciliation, that is all we can do. We can be at peace with God even if that relationship is not yet right.
- I have not failed if I have been faithful in sharing the Gospel. Paul said he was just a farmer sowing seeds; it is God who gives the growth. All God calls us to do is the share truth. We are not responsible for whether or not the other person believes.
- It is the role of the Holy Spirit to convict and convert, not me. God is the one who gives the growth.

## Main Ideas

- The Bible says we should anticipate persecution as we seek to be godly.
- On the other hand, there can be times we find ourselves in conflict, not because the message is offensive, but because we are being offensive.
- If we've done our best to seek forgiveness but the other person has not reciprocated, our relationship is not right, but I am at peace before the Lord.
- Paul describes himself as a farmer, out to sow seeds. It is not our job to convict, persuade, or convert. All we are called to do is to be faithful in sharing the Gospel and acting like Jesus.
- God is the one who gives the growth. It is the role of the Holy Spirit to convict and convert. We are not responsible for whether or not a person believes.

# Episode 10

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## 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*

- How can good come from conflicts?
- Why can we and should we forgive?
- What are the four promises of forgiveness?

## Answers

- Conflict can actually be an opportunity to glorify God, through a righteous resolution or in how I conduct myself in the midst of conflict, even if reconciliation doesn't occur.
- We forgive because Christ has forgiven us. For this reason, we are commanded to forgive, but it is also what enables us to forgive. Because we know what it is like to be forgiven much, we can forgive much.
- When we forgive, we are essentially making 4 promises: I will not think about this incident; I will not hold the incident against you; I will not talk to others about the incident; and I will not let the incident stand between us.

## Main Ideas

- Conflict in relationships actually can be an opportunity to glorify the Lord.
- As Christians, we are the most forgiven people. And we're called to be the most forgiving people based on the way that God in Christ has treated us.
- When we forgive someone, we are promising not to continue thinking about this incident and not to let it stand between us.
- If I have forgiven you, I am promising not to bring the incident up to use against you.
- Forgiving someone means that we are not going to talk to others about this incident.

# Episode 10

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## 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*

- How is Joseph an example of forgiveness?
- What is our responsibility in relationships?
- What do we need to learn to entrust to the Lord in relationships?

## Answers

- Joseph was sold into slavery by his brothers, but he forgave them. He did not hold their actions against them, but even protected and provided for them when they came to Egypt. He was reconciled with his brothers, not holding on to bitterness or resentment, but showing the love of God.
- Our responsibility is to forgive, to live peaceably, to show the love of Christ, and to speak truth in love. It is not our responsibility to convict or change someone's heart.
- We cannot do God's job, and when we try, we often make things worse. We must entrust God with convicting a person and changing their hearts.

## Main Ideas

- Joseph is a great example of how we should respond to being sinned against. We should not be embittered or resentful but show the love of Christ through forgiveness.
- If I am not being truly forgiving, then the tension in our relationship is my fault.
- We must be faithful to our responsibilities and entrust to God what is His responsibility.
- When we try to do God's job, we often become part of the problem, pushing people away rather than pointing them to Christ.
- When we forgive, speak the truth in love, and entrust God to work change in the lives of others, God will be honored, we will be set free from bitterness and resentment, and our relationships will be transformed.



# Episode 10

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## Episode 10: Additional Resources

### Articles

- *Biblically Resolving Conflict in Relationships* by Garrett Higbee at <https://www.biblicalcounselingcoalition.org/2013/02/13/biblically-resolving-conflict-in-relationships/>
- *Sometimes Forgiveness Looks Like Repentance* by Brady Goodwin at <https://www.biblicalcounselingcoalition.org/2022/10/14/sometimes-forgiveness-looks-like-repentance/>
- *Counsel the Bitter Person with a Warning from Jesus* by Paul Tautges at <https://www.biblicalcounselingcoalition.org/2023/01/23/counsel-the-bitter-person-with-a-warning-from-jesus/>
- *The Heart of Bitterness* by BCC Staff at <https://www.biblicalcounselingcoalition.org/2014/02/21/the-heart-of-bitterness/>

### Podcasts

- *Resolving Conflict with Dale Johnson and Bill Shannon* (Truth in Love Podcast) at <https://biblicalcounseling.com/resource-library/podcast-episodes/til-185-resolving-conflict/>
- *Encouraging Parents with Unbelieving Children* with Dale Johnson and Stuart Scott (Truth in Love Podcast) at <https://biblicalcounseling.com/resource-library/podcast-episodes/encouraging-parents-with-unbelieving-children/>

# Episode 11

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## 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:

*Distinguishing Between Guilt and Guilt* by Robert Jones at <https://www.biblicalcounselingcoalition.org/2017/07/18/distinguishing-between-guilt-and-guilt/>

*Unrelenting Guilt Feelings* by Jonathan Bennett at <https://biblicalcounseling.com/resource-library/articles/unrelenting-guilt-feelings/>

### *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 are intentional questions so important in dealing with guilt in counseling?
- What type of damage does guilt cause?
- What happens when we turn to drugs (or anything else that isn't God) for comfort?

## *Answers*

- Guilt can be a serious issue, and it is often confused with shame or regret. The biblical counselor wants to hone in on the precise emotion in order to accurately diagnose the problem.
- Guilt can be an emotional and spiritual load, weighing us down, but unresolved guilt can also cause physical maladies.
- When we turn to drugs or other things to bring us comfort, that thing has become an idol.

## *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.

- Though it may come in various forms, guilt is ultimately a feeling that weighs us down.
- The Bible says that our unresolved guilt can actually cause physical maladies.
- It is easy to confuse guilt with shame and regret.
- In looking to drugs to offer comfort, those drugs become a functional idol.

# Episode 11

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## 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*

- What are the two categories of guilt?
- How does God treat our guilt?
- What should be my attitude toward my past?

## *Answers*

- If our feelings of guilt are not a result of an actual sin, we are not guilty. If we have sinned, our guilt is a gift from God meant to draw us to repentance.
- God is holy and just to punish sin, and as our loving Father, He disciplines us when we sin. But when we repent and ask forgiveness, Jesus is faithful and just to forgive our sins. And God declares us not guilty.
- Though we may not like certain things about our past, and we may even feel shame or regret over past actions, we must not wear guilt like a burden. Rather, we must recognize that God can use our past to bless us and bless others, and ultimately to glorify Himself.

## *Main Ideas*

- We must let the Bible define and categorize our emotions. Sometimes we experience guilt when we aren't even guilty.
- Sometimes our guilt is a gift that should lead us to repentance. When Jesus forgives us, we are no longer guilty.
- When I feel guilty, I must discern whether or not I am guilty of disobeying God, not according to my feelings or opinions, but according to God's Word.
- When you repent of something before the Lord, and you've turned from, God no longer sees you as being guilty of that thing.
- In dealing with things in the past, rather than let guilt drag us down, we should see them as an opportunity for God to use our past for His glory.

# Episode 11

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## 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*

- What does the Bible teach about work?
- What is the real reward for hard work?
- When we understand how God views work and what the Bible teaches about it, what should be our attitude toward work?

## Answers

- Work is actually a good thing and it should be done heartily, as unto the Lord. We are to obey our employers and to work hard and honorably because in so doing, we please and honor God.
- We often think of work in terms of wages earned or earthly benefit, but the Bible teaches that when we work hard as unto the Lord, He not only uses that to provide for us on earth, but He also rewards us in heaven for honoring Him in our work.
- We should love to work as a means of honoring God. We should strive to work hard, to be good stewards of the grace God has given to us in providing work for us.

## Main Ideas

- Our past has consequences. Those consequences may bring temptation to overcome those consequences by making decisions that don't honor the Lord.
- Part of walking by faith means that we must trust the Lord that He is going to provide means for us to work—means that honor Him.
- Our work is connected to the way that we view God. We don't ultimately work for our employer, but for God. There's dignity in all work if it's done to honor God.
- The Bible teaches that God actually rewards you in heaven for honoring Him in your craft and honoring Him in your work.
- If you can trust the Lord for your forgiveness, and you can, then you can trust Him to guide your life.

# Episode 11

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## 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 is it that can set us free from guilt?
- How is journaling a practical method for dealing with guilt?
- If we are truly guilty of sin that affected others, what is our biblical responsibility?



## Answers

- It is because of Jesus Christ and the forgiveness He offers that we can be set free from guilt. It is not our own works or coping mechanisms that set us free, but only faith in Christ.
- Journaling can help us to think through what we struggle with in our pasts and to articulate it, separating out issues into a manageable list. This then gives us a list of struggles that we can address one by one, asking whether this was a sin or not and identifying a biblical path forward.
- We should seek forgiveness from those against whom we've sinned, or those who were affected negatively by the consequences of our sin. Seeking their forgiveness can provide a step forward in dealing with guilt, but it may also help build the relationship.

## Main Ideas

- It's because of what Jesus has done that we can truly be set free from our guilt.
- Journaling about the things you struggle with from your past provides a list that can then be evaluated in terms of am I truly guilty and what should be my responsibility going forward.
- If we find that we are truly guilty in ways that affect others, we should seek forgiveness and reconciliation, as far as possible.
- 1 Timothy 6:10 says that those that love money pain themselves with many pangs. We should see our work more as a means of honoring the Lord and less about finances.

# Episode 11

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## Episode 11: Additional Resources

### Articles

- *Guilt Leading to Repentance* by Kyle Gangel at <https://biblicalcounseling.com/resource-library/articles/guilt-leading-to-repentance/>
- *Biblical Motivations for Putting the Past in the Past* by Howard Eyrich at <https://biblicalcounseling.com/resource-library/articles/biblical-motivations-for-putting-the-past-in-the-past/>
- *The Alternate Ending of Guilt and Shame* by Fred Jacoby at <https://www.biblicalcounselingcoalition.org/2023/07/24/the-alternate-ending-of-guilt-and-shame/>

### Podcast

- *Do You Struggle With Guilt?* with Heath Lambert and Andrew Rogers (Truth in Love Podcast) at <https://biblicalcounseling.com/resource-library/podcast-episodes/til-070-do-you-struggle-with-guilt-feat-andrew-rogers/>
- *The War on Guilt* with Dale Johnson and John Street (Truth in Love Podcast) at <https://biblicalcounseling.com/resource-library/podcast-episodes/the-war-on-guilt/>

### Conference Message

- *A Biblical View of Finances* by Tony Anderson at <https://biblicalcounseling.com/resource-library/conference-messages/a-biblical-view-of-finances/>

# Episode 12

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## 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:*

*Fear and Worry by Lisa Schmidt at*

*<https://biblicalcounseling.com/resource-library/articles/fear-and-worry/>*

*Open Your Eyes by Minda Haggh at*

*<https://biblicalcounseling.com/resource-library/articles/open-your-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 the relationship between fear and anxiety?
- Where are we to find safety and identity?
- When we do not see God as a present reality in our lives, where is our fear likely to lead us?

## *Answers*

- Fear and anxiety are closely related, but they are distinct emotions. Anxiety is generally a fruit issue caused by a root of fear. Fear may also be a fruit, but identifying what we are afraid of often reveals a root issue.
- When we are motivated by fear, we are often searching for safety and security. But we are looking in the wrong place. We must let our hearts find safety in Jesus and find our identity in Him.
- When God is distant from our hearts and minds and we do not see him as a present reality, our fear will dominate. Fear will lead us to make impulsive decisions, to be driven by fear, and often our decisions that are driven by fear are unwise.

## 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.

- If we don't distinguish between these two emotions, we might attack the fruit of anxiety when we really need to address the root of fear.
- Proverbs 29:25 teaches that the fear of man is nothing but a trap, but safety is found in the Lord.
- Safety is oftentimes what we're looking for when we're acting out of fear and we're motivated by our fear.
- When you do not look to God as a present reality, fear will lead you to make decisions that are impulsive and sometimes unwise.
- Fear robs us of joy, satisfaction, peace, and excitement. The joy that comes from serving the Lord is often stolen from us because we're too busy, concerned, and fearful, and not focused on what God's called us to do.

# Episode 12

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## 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*

- What is the problem with being feelings-led?
- What does the Bible teach about feelings?
- What do I do whenever my feelings don't match God's word?

## Answers

- Our feelings are not always helpful or truthful. They can lead us to make unwise or impulsive decisions. When we allow our feelings to lead us, we are not trusting in God.
- The Bible teaches that feelings are important, but they are never authoritative. We must evaluate our feelings in light of the truth found in Scripture.
- God's Word is always the authority. Even when I feel afraid, I must intentionally and actively choose to place my trust in God. I choose to be driven by God's Word rather than my feelings.

## Main Ideas

- While fear can be your friend, fear that is driven by feelings and not facts can be debilitating and even dangerous. Perhaps one of the greatest human weaknesses is to follow where our feelings lead us. But feelings lack a basis in truth and often lead us astray.
- Our culture says to listen to that inner voice within you, but our feelings are not always telling us the truth; they're not always helpful.
- The Bible teaches that feelings can be important, but they are never authoritative.
- David felt real fear while he was being hunted, but he did not allow his fear to lead him. He declared that when he was afraid, he would trust in the Lord.
- When we let fear rule, it chokes out the vision of who God is. But when we have a big, accurate view of who God is, we trust Him and we don't have to be afraid.

# Episode 12

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## 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 attribute of God reminds us that God is always with us?
- How is gratitude the antidote to fear?
- How can fear be used to fight fear?



## *Answers*

- God's omnipresence reminds us that He is always with us. There is nowhere we can go to escape His presence. He is always with us, even in the midst of our fear.
- Gratitude leads me to focus on who God is and what He has done. As I focus on remembering His works and being thankful for it, some of my fears and negative thoughts will fade. Focus on gratitude toward the Lord is renewing the mind with the truth of what God is doing.
- When we fear the Lord, when our trust is in Him and we find our identity in Him, our fear of man and circumstances will fade. The greater fear drives out the lesser fear.

## *Main Ideas*

- God is omnipresent—He is everywhere at all times. This attribute reminds us that God is with us in the moment and circumstance that we fear. And if we are His child, He is for us.
- Your gratitude is the antidote to fear. Gratitude helps to rid us of some of the fearful, negative, untrue thoughts, and helps us to put on a mindset that honors the Lord by highlighting what God is actually doing.
- When we're renewing our mind with the truth of what God is doing, we find those fears often going away, fading into the distance
- When you begin to feel fear or anxiety, put those feelings on trial by asking: Is this feeling true or reasonable, what does God's Word tell me is truth, and how am I thinking about God in this moment.
- My identity is in Christ and He loves me whether I'm thought highly of or not. I will not fear man, I will fear God, and that greater fear will drive out the lesser fear.

# Episode 12

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## 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*

- How can we trust God?
- What role do emotions and feelings play in our lives?
- How can we renew our minds such that our fear and anxiety no longer drive us?

## *Answers*

- Trusting God must begin with a choice. We may feel overwhelmed by fear, doubt, or anxiety, but we must choose to trust God in spite of those emotions. If we wait to feel like we trust God, we will likely never arrive, and even if the feeling comes, we are still allowing our feelings to drive us. We must choose to trust God, and then He will bring about peace and comfort in our hearts.
- Our feelings and emotions should not rule our lives, though they are important. Emotions can be good and helpful, but we must evaluate them according to the authority of God's Word.
- We renew our minds by meditating on Scripture, reminding ourselves who God is, and continually recounting what God has done in our lives.

## *Main Ideas*

- When we are fearful and afraid, we must choose to trust the Lord.
- Feelings and emotions often play a big part in our lives. Our feelings are not the boss, but sometimes we live as if they are.
- Feelings are pervasive in our lives, and we must be intentional about defining the role of our feelings. If they are not the boss (and they aren't), then we must take care to relegate them to their proper place.
- Using a thankfulness to God list can be a practical way to renew your mind in gratitude, meditating on the blessings that God has given you. Gratitude to God is an important antidote to fear.

# Episode 12

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## Episode 12: Additional Resources

### Articles

- *Cripple the Power of Fear with Faith* by Paul Tautges at <https://www.biblicalcounselingcoalition.org/2019/10/04/cripple-the-power-of-fear-with-faith/>
- *Engage Fear or Avoid It?* by Lucy Ann Moll at <https://www.biblicalcounselingcoalition.org/2021/12/15/engage-fear-or-avoid-it/>
- *Why Doesn't God Take the Fear Away?* by Laura Hendrickson at <https://www.biblicalcounselingcoalition.org/2011/07/04/why-doesnt-god-take-the-fear-away/>
- *Scared to Death!* by Sherry Allchin at <https://www.biblicalcounselingcoalition.org/2015/06/10/scared-to-death/>

### Podcast

- *Understanding Fear with Heath Lambert (Truth in Love Podcast)* at <https://biblicalcounseling.com/resource-library/podcast-episodes/til-169-understanding-fear/>
- *Counseling Fearful Women with Dale Johnson and Susan Heck (Truth in Love Podcast)* at <https://biblicalcounseling.com/resource-library/podcast-episodes/counseling-fearful-women/>

# Episode 13

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## 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*

#### Articles:

*Cultivating a Hope-Filled Life: Psalm 131* by Randy Barlow at <https://biblicalcounseling.com/resource-library/articles/cultivating-a-hope-filled-life/>

*God's Grace in Our Weakness* by Betty-Anne Van Rees at <https://www.biblicalcounselingcoalition.org/2023/05/22/gods-grace-in-our-weakness/>

### *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 must we understand ourselves in relationship to God?
- How did God describe Himself when He revealed Himself to the Israelites?
- What is an antidote to fear?

## Answers

- We must begin by recognizing that we are not God and we can never do what only God can do.
- When God revealed Himself, He emphasized that He is merciful, gracious, slow to anger, and abounding in love. Although the justice and wrath of God are true attributes, those are not the ones He used when introducing Himself. In our view of God, we must not emphasize certain attributes while overlooking others.
- Gratitude is an antidote to fear. When we cultivate a big view of God and place our trust in Him, our fears fade in significance. Gratitude is a practical way to renew our minds in the truth of who God is.

## *Main Ideas*

- As Christians, there is something different about the way that we use our body—we use it for God's glory.
- Our understanding of ourselves has to start with recognizing that we are not God and we can't be God, and we can't do what only God can do.
- The justice of God and the wrath of God are true attributes of God. But the way that He reveals himself first in Scripture in Exodus 34:6 is that he is merciful, and gracious, slow to anger and abounding in steadfast love.
- Anxiety prevents you from seeing the fullness of God and His goodness.
- Fear leads you to make decisions that are impulsive, fear-based, sometimes unwise, but gratitude is an antidote to fear.

# Episode 13

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## Episode 13: Segment 2

### *Video*

Distribute the student questions.

Play the segment.

Encourage students to answer the questions while watching the video.

### *Discussion*

Encourage discussion as time allows.

### *Class Questions*

- What is the difference between the world's view of addiction and the Bible's?
- How is an addiction a form of idolatry?
- Why do we as Christians have the power to overcome our addictions?



## Answers

- The world views addiction as a disease, suggesting that the addicted person has no responsibility for his obsessive behavior. On the other hand, the Bible teaches that addiction is a lack of self-control, placing the responsibility for repentance squarely on the individual, who must work along with the Holy Spirit to grow the fruit of self-control.
- When we run to something for comfort, ease, or safety, we are treating that as our functional god, which is idolatry. We are turning to whatever we are addicted to for satisfaction rather than trusting in God to provide comfort, peace, security, and satisfaction. Ultimately, He is the only One who can provide these things perfectly.
- According to the Bible, when we are in Christ, we are freed from the bondage of sin. In Christ we have been freed from our old sinful nature. We now have the power to overcome temptation. And the Holy Spirit dwells in us, working in us to empower us to please God. We no longer have to give in to sin.

## Main Ideas

- The world loves to label obsessive behavior as an addiction. But this disease model language removes responsibility from the addicted person.
- The Bible labels those with addiction as a person who lacks self-control. God loves to help people grow in the fruit of self-control.
- When we find our comfort in something other than God, that thing becomes our functional god, an idol. We are essentially telling God we don't trust Him to be the God of all comfort.
- Now that we are in Christ, Romans 5 says that we can experience life and that union with Christ becomes our basis for being freed from our old nature.
- The remedy for lying is saying that I'm not going to live my life for my own comforts but to honor the Lord first and foremost.

# Episode 13

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## Episode 13: Segment 3

### *Video*

Distribute the student questions.

Play the segment.

Encourage students to answer the questions while watching the video.

### *Discussion*

Encourage discussion as time allows.

### *Class Questions*

- How can Moses help us in making wise decisions?
- How is an accurate view of God the solution to loneliness?
- How can conflict in relationships bring glory to God?

## Answers

- Moses was motivated by faith. He believed that the reproach of Christ was worth more than all the riches of Pharaoh's palace or the fleeting pleasures of sin. In the same way, we must make decisions that are motivated by pleasing God and obeying Him rather than what would temporarily satisfy.
- Isolation is generally caused by an inaccurate view of things, and it contributes to an inaccurate view. But when we have an accurate view of God, we understand that He is our safety and refuge. He is the one in whom our identity is found. He has accepted me because of His Son, Jesus. With this biblical view in mind, I can engage with others without fear or anxiety, resting in the safety and acceptance He offers.
- Conflicts in relationships can give opportunity to bring glory to God in the outcome of the conflict, but also in my obedience to Him in the midst of conflict, even if the outcome is not reconciliation. When I remain faithful in the midst of difficulty, He is glorified. When I grow in my sanctification because of the difficulty, He is glorified. When the conflict is resolved with grace and reconciliation, He is glorified.

## Main Ideas

- The Bible is sufficient in helping people who struggle with a myriad of issues.
- Moses is a great example of decision making that is motivated by faith. Live by faith in the bigness of God, and that will inform your fear of man.
- Isolation has this way of actually hurting our own ability to think accurately about things.
- When we deal with loneliness, we have to look to God as the reason we are safe. My ultimate acceptance is in the Lord.
- Conflict in relationships actually can be an opportunity to glorify the Lord. It's an opportunity to glorify the Lord in the outcome of the conflict. But another is that it's an opportunity for me personally to glorify the Lord, even if we're not reconciled in the end of this.

# Episode 13

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## Episode 13: Segment 4

### *Video*

Distribute the student questions.

Play the segment.

Encourage students to answer the questions while watching the video.

### *Discussion*

Encourage discussion as time allows.

### *Class Questions*

- How can guilt bring us to a place of fruitfulness?
- According to Romans 8:1, what is the role of condemnation in the life of a believer?
- How should we view our past sins?

## Answers

- In God's kindness, he allows us to feel guilt for our sin. This guilt leads to repentance and confession. When we confess our sins, God is faithful to forgive us our sin and to cleanse us, bringing us back into a right relationship with God and restoring us to a place of fruitfulness.
- According to Romans 8:1, there is no condemnation for those in Christ. As a believer, I am not condemned before God because Jesus has paid my penalty and His righteousness is attributed to me. I am free before God.
- First, we must discern between what was truly sinful and what was merely a mistake. We must not shoulder guilt if God's Word does not find me guilty. If I was guilty according to Scripture, then I must repent and take steps toward reconciliation and restitution, if possible. But after having dealt with my wrongdoing according to Scripture, I no longer need to carry that guilt. Now I can move forward in honoring God, grateful for my past in terms of what I have learned through it and how God can use it to continue to bless me and others. My past is now part of the story of God's grace in my life.

## Main Ideas

- Confession is acknowledging the nature of what sin is. When we confess, God is faithful to forgive and cleanse.
- The guilt that we experience over sin is actually part of God's kindness to us as it leads us to repentance.
- Part of what God's plan is for your life is that you would be able to interact with your past in a way where you're free.
- According to Romans 8:1, those who are in Christ are not condemned before God, regardless of past sins.
- Though you can't change the things in your past, God can use them to bless you and to bless others.

# Episode 13

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## Episode 13: Additional Resources

### Articles

- *Understanding Addiction: A Moral Problem, Not a Disease* by Heath Lambert at <https://biblicalcounseling.com/resource-library/articles/addiction-a-moral-problem-not-a-disease/>
- *Facing Anxiety Face-to-Face with Christ* by Bob Kellemen at <https://www.biblicalcounselingcoalition.org/2013/08/12/facing-anxiety-face-to-face-with-christ/>
- *When Anxiety Attacks...Let Love and Peace Rule* by Sherry Allchin at <https://www.biblicalcounselingcoalition.org/2013/08/13/when-anxiety-attackslet-love-and-peace-rule/>
- *How to Lament over Your Sin while Leaning on Your Savior* by Stephen Vela at <https://biblicalcounseling.com/resource-library/articles/how-to-lament-over-your-sin-while-leaning-on-your-savior/>

### Podcasts

- *Giving Hope in Counseling with Dale Johnson and Lance Quinn (Truth in Love Podcast)* at <https://biblicalcounseling.com/resource-library/podcast-episodes/giving-hope-in-counseling/>
- *Feelings and Faith with Dale Johnson and Brian Borgman (Truth in Love Podcast)* at <https://biblicalcounseling.com/resource-library/podcast-episodes/feelings-and-faith-part-1/>

### Conference Message

- *The Centrality of Repentance* by Nicholas Ellen at <https://biblicalcounseling.com/resource-library/conference-messages/the-centrality-of-repentance/>

# Episode 1: Cutting

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## *Segment 1: Class Questions*

- If self harm is about punishing yourself for not being good enough, what can you do to become good enough?
- What is the core issue for the struggle with self-harm?
- What biblical truth is key to a right perspective of self?

## *Segment 2: Class Questions*

- How does self-harm show a lack of faith in Jesus?
- What did John the Baptist recognize in John 3:27-30?
- Who defines you?

# Episode 1: Cutting

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## *Segment 3: Class Questions*

- What is mercy?
- Why is it important to have a correct theology of the body?
- How did God reveal Himself to Moses (Exodus 34:6-7)?

## *Segment 4: Class Questions*

- How can keeping a thankfulness list help in the struggle against self-harm?
- Why is it important to meditate on the attributes of God?
- Why is focusing on a correct view of God the first step in correcting self-image?



# Episode 2: Sexual Immorality

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## *Segment 1: Class Questions*

- Where does sexual immorality begin?
- How is sexual immorality a form of idolatry?
- Why is it not enough to simply deal with the actions of sexual immorality?

## *Segment 2: Class Questions*

- How is sin like choosing to eat dog vomit?
- According to Hebrews 11:24–26, what attitude did Moses have toward sin and God?
- How can we train our hearts to no longer desire immorality?

# Episode 2: Sexual Immorality

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## *Segment 3: Class Questions*

- What is temptation?
- Is falling to temptation inevitable?
- How can we overcome temptation?

## *Segment 4: Class Questions*

- What is the goal of biblical counseling for someone who struggles with sexual immorality?
- Why is accountability important when fighting sexual sin?
- How is a correct view of Jesus instrumental in overcoming sexual sin?

# Episode 3: Overeating

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## *Segment 1: Class Questions*

- Is it a sin to enjoy food?
- How does causing inferior refugees to be unsatisfying demonstrate God's kindness?
- Where do our desires come from?

## *Segment 2: Class Questions*

- If God promises to provide food (i.e., our daily bread), how can it be a bad thing?
- How can overeating be a form of idolatry?
- Is biblical counseling only for those who don't know their Bible?

# Episode 3: Overeating

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## *Segment 3: Class Questions*

- What does it mean to be a faith-led not a feelings-led believer?
- According to 2 Corinthians 1:3-4, where are we to find comfort?
- How can we walk by the Spirit, looking to God for comfort?

## *Segment 4: Class Questions*

- How can a counselee use a food journal to fight the temptation to overeat?
- What types of Scripture might be particularly helpful in the struggle against overeating?
- What is the biblical counseling goal for someone who struggles with overeating?

# Episode 4: Grief

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## *Segment 1: Class Questions*

- What makes dealing with the loss due to suicide cause so much more difficult?
- Why are questions so important to the biblical counselor?
- What role does theology play in biblical counseling and in dealing with grief?

## *Segment 2: Class Questions*

- What does the Bible teach happens to us when we die?
- For what will you give an account in the end?
- How can we deal with our past in a way that honors the Lord?

# Episode 4: Grief

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## *Segment 3: Class Questions*

- In dealing with the guilt of the past, what is the difference between a shortcoming and a sin?
- How is guilt a gift from God?
- According to 1 John 1:9, what happens when we confess our sins?

## *Segment 4: Class Questions*

- What does 2 Corinthians 1:3–5 teach about comfort?
- Why is the wisdom of God a helpful attribute to study in dealing with grief and the past?
- What is the goal of biblical counseling when dealing with the past?

# Episode 5: Season 2 Recap

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## *Segment 1: Class Questions*

- How should we view ourselves in light of Scripture?
- What is the result of self-pity? What is the result of an accurate view of self and others?
- What is the antidote to self-pity?

## *Segment 2: Class Questions*

- What is the answer to despair and hopelessness?
- Why is suicide not an option for a Christian?
- What does it mean to be a good steward of this life and body God has given me?

# Episode 5: Season 2 Recap

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## *Segment 3: Class Questions*

- What is a panic attack?
- What is the key to dealing with panic attacks (of the non-medical variety)?
- How does perfectionism lead to panic attacks?

## *Segment 4: Class Questions*

- How can I honor my parents when I don't feel valued?
- How should a Christian view suicide?
- Is God ever disappointed with us?



# Episode 6: Foolish Decision-Making

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## *Segment 1: Class Questions*

- How do you know if you are making poor decisions?
- What is the root behind poor decision-making?
- Who should we ultimately be trying to please with our decisions?

## *Segment 2: Class Questions*

- How is overcommitting yourself actually displeasing to God?
- What is partiality?
- What is the biblical response to people-pleasing?

# Episode 6: Foolish Decision-Making

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## *Segment 3: Class Questions*

- How can we know what decisions please God?
- What role does obedience play in the life of a believer?
- How is Moses an example of making decisions by faith?

## *Segment 4: Class Questions*

- Why do biblical counselors give homework?
- What two sources should be habitually consulted if we wish to make wise decisions?
- What do you do if there is no clear right and wrong decision?

# Episode 7: Lying

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## *Segment 1: Class Questions*

- How do lies create a prison or a vortex?
- What types of motivations are there for lying and deception?
- Is it ever too late to change?

## *Segment 2: Class Questions*

- What is the difference between a fruit issue and a root issue in biblical counseling?
- How does God view lying?
- How does understanding biblical love help the Christian struggling with deception?

# Episode 7: Lying

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## *Segment 3: Class Questions*

- What is a root behind lying, based on 2 Timothy 3:1-3?
- Is there a time when it is okay to lie?
- What is the remedy for lying that is motivated by self love?

## *Segment 4: Class Questions*

- How does the narrative of Jonathan and David's relationship inform the idea of selflessness?
- How is lying selfish?
- How does 1 Corinthians 10:31 help to reorient our thinking?

# Episode 8: Loneliness

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## *Segment 1: Class Questions*

- How can you feel lonely when you have meaningful relationships?
- What is a possible root of loneliness?
- How does Kourtney's root issues exacerbate her loneliness problem?

## *Segment 2: Class Questions*

- How do we think rightly—biblically—about ourselves?
- Why is a community so important to the believer?
- What are the two opposing dangers of a believers view of self?

# Episode 8: Loneliness

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## *Segment 3: Class Questions*

- What are the two sides to the self-centered coin that leads to isolation and loneliness?
- How are thinking and feeling connected?
- In whom must we trust for our ultimate affirmation?

## *Segment 4: Class Questions*

- How can meditating on Philippians 4:8 help us to think biblically?
- How does understanding God's view of us help us to better relate to people?
- In what way is my focus a key to overcoming isolation and loneliness?

# Episode 9: Worry

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## *Segment 1: Class Questions*

- What does it mean that God is sovereign?
- What is a common root cause of worry or anxiety?
- Why is knowing truth sometimes insufficient?

## *Segment 2: Class Questions*

- What does Matthew 6:25–30 teach about worry?
- What does 2 Timothy 3:16–17 teach about Scripture?
- How does worry come from a battle between faith and feelings?

# Episode 9: Worry

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## *Segment 3: Class Questions*

- What is a potential danger of systematic theology?
- What does it mean that God is good?
- What are the top three descriptors of God in the Bible?

## *Segment 4: Class Questions*

- How did Bill's anxiety come from selfishness?
- How can a worry journal help someone struggling with worry?
- What does Psalm 119:67–68 & 71 teach about affliction?



# Episode 10: Relational Tension

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## *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: Relational Tension

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## *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: Guilt

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## *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: Guilt

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## *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: Fear

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## *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: Fear

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## *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: Season 3 Recap

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## *Segment 1: Class Questions*

- How must we understand ourselves in relationship to God?
- How did God describe Himself when He revealed Himself to the Israelites?
- What is an antidote to fear?

## *Segment 2: Class Questions*

- What is the difference between the world's view of addiction and the Bible's?
- How is an addiction a form of idolatry?
- Why do we as Christians have the power to overcome our addictions?

# Episode 13: Season 3 Recap

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## *Segment 3: Class Questions*

- How can Moses help us in making wise decisions?
- How is an accurate view of God the solution to loneliness?
- How can conflict in relationships bring glory to God?

## *Segment 4: Class Questions*

- How can guilt bring us to a place of fruitfulness?
- According to Romans 8:1, what is the role of condemnation in the life of a believer?
- How should we view our past sins?