

# **Introduction to Biblical Counseling**

## **Syllabus**

Redeemer School of Ministry  
Spring 2020  
Mike Webster

### **Course Objectives:**

The student successfully completing this course should be able to:

1. Articulate the basic nature and needs of growing human beings.
2. Continue to grow personally by receiving God's grace.
3. Apply biblical truth and spiritual power to a variety of life situations.
4. Draw on a variety of effective counseling skills and resources.
5. Appropriately aid others facing issues and problems.

### **Course Content:**

#### **INTRODUCTION – Orientation to learning how to help others**

1. The source
2. The level
3. The process

#### **PERSONS – The *who* of counseling**

1. Biblical views of personality
2. Healthy people
3. Goals of counseling
4. Relationship dynamics
5. Family as a seed bed for life
6. Thoughts and feelings and actions

#### **PRINCIPLES – The *what* of counseling**

1. Addiction
2. Shame
3. Mental Illness
4. Sexuality
5. Marriage
6. Other Topics (Stress, Loss, Grief, Boundaries ...)

## PRACTICES – The ***how*** of counseling

1. Conflict resolution
2. Forgiveness
3. Renewing the mind
4. Inner healing
5. Deliverance
6. Interviewing

## CONCLUSION – Putting it all together

1. The development
2. The ministry
3. The future

## **Course Requirements:**

1. Attendance.
  - Attendance is required.
  - More than two absences may result in failure.
  - Please keep the instructor informed of illness or other issues affecting your participation.
2. Class participation.
  - Spectators are not successful.
  - Come prepared to participate.
  - Your final grade will be affected by your contribution.
3. Assignments.
  - A mix of reading, reflecting and responding.
  - Assignments are to be completed prior to the class in which they are due.
  - See the separate assignment sheets for details.

## **Course Texts:**

1. “The Search for Significance”, Robert S. McGee (revised edition 2003)
2. “Total Forgiveness” R. T. Kendall (revised and updated 2007)

## **Course Assignments:**

<b>Class</b>	<b>Date</b>	<b>Topic</b>	<b>Assignment Due</b>
1	2/6/20	Introduction	Registration
2	2/13/20	Views and Goals	Letter to God
3	2/20/20	Relationships/Family	
4	2/27/20	Thoughts/Feelings/Act	Script. Meditation #1
5	3/5/20	Addiction	Quiz on McGee
6	3/12/20	Shame	
7	3/19/20	Mental Illness	Genogram
8	3/26/20	Sexuality	McGee steps 1-5
9	4/2/20	Marriage	
10	4/9/20	Conflict/Forgiveness	McGee steps 6-10
11	4/23/20	Renewing Mind #1	Total Forgiveness
12	4/30/20	Renewing Mind #2	Script. Meditation #2
13	5/7/20	Inner healing/Deliver	McGee steps 11-13
14	5/14/20	Interviewing	Letter from God
15	5/21/20	Conclusion	Final Exam

(Please consult the individual assignment information for details on these assignments.)

## **Extra Credit:**

For extra credit, compensation for a low grade, or for people who already have deep interaction with the work in Search for Significance, you can complete this assignment. Read “Love is a Choice” by Hemfelt, Minirth, Meier and write a five-page report on the contents and your response to it.

(Contact the instructor if you do not understand any assignment. If you think you need to make any adjustments to these assignments, contact the instructor.)

## **Course Grading:**

These are the six major evaluation points. The final grade will be drawn from a combination of them all. Note that assignments that are not formally graded still count and are part of class participation.

1. Quiz on McGee reading
2. Completion of McGee's 13 steps in three segments
3. Personal genogram for at least 3 family units
4. Reading "Total Forgiveness" report
5. Final Exam
6. Class participation

## **Classroom Decorum:**

We will be completing a three-unit college-level course together this semester. Because it has been structured to accommodate busy adult learners, we will need focus and cooperation for this to be successful. Plan to arrive on time because class will begin promptly. Avoid private discussion during class time. Be prepared for material to be given at a rapid pace. Take personal responsibility to receive any materials handed out during class. Hand in assignments promptly. Be sure you are seated where you can clearly see all projected material (class lecture ideas and videos will be used). Wait for appropriate discussion points to raise questions and concerns. Be considerate of your fellow students.

## **Contacting the instructor:**

Your interaction is invited. Often just before class and just after class are not appropriate occasions for time with the instructor. You can set up an appointment if you need extended discussion. Please feel free to call or visit.

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## **Additional Assignment Information:**

### **1. Registration – Due 2/6/20**

This is an official course offered by Redeemer School of Ministry. As a consequence, all students must be registered and pay the appropriate tuition. Fill out the registration form found on <https://www.myredeemerchurch.com/>

### **2. Letter to God – Due 2/13/20**

This is an opportunity to open dialog with your Heavenly Father about your thoughts and feelings as you embark on this course of study. Simply write a letter as you would to a friend. Start with the words: “Dear God”. Then write whatever comes to mind. What issues do you bring to this class? What questions do you have? Tell the Lord where you are and what you want Him to do. The main requirement for this assignment is that you be absolutely honest. This is your opportunity to tell Him anything you need to get off your chest. Do the work slowly and reflectively. Length is not important, but completeness is. Come back and add more at a later time if you need to. This is entirely between you and God. No one else will see this. Bring your work to class on 2/13/20. Keep this work for later reference.

### **3. Scripture Meditation #1 – Due 2/27/20**

This is a devotional meditation that will direct a season of time spent with God. The sheet on “Relationship with God” will be handed out in class. Read the information side and try to grasp the points that are being made. Then slowly and reflectively work through the guided meditation. Pick a time and place when you can be undisturbed. Fill in your responses on the sheet. Bring your work to class on 2/27/20 for class interaction.

### **4. Quiz on McGee – Due 3/5/20**

You will actually work through “The Search for Significance” two times for this course. The first time will be for information, and the second time for transformation. The first time through, read just the book portion, not the workbook (through page 151 in the current edition). Read for content, flow, logic, outline, big ideas, etc. The purpose to gain an understanding of the theology and teaching that lies behind this book. You will need to read about 38 pages per week on average to stay on schedule. On 3/5/20, a quiz will be administered as a portion of the class time to access your grasp of what McGee is trying to communicate. This quiz will consist of multiple-choice questions on material drawn directly from the text. Pay attention to details and words as you read and study this first time through the book.

**5. Genogram – Due **3/19/20****

A genogram is a graphical, pictorial representation of a family system. You will create a genogram showing your family system. Read the material in the class handouts entitled “The Richard L. Sholette Genogram Diagramming Method” and “The Need for the Blessing”. You can begin to gather family background information at any time, but wait to progress on your work until the class presentation on genograms. Then draw your genogram to be handed in on 3/19/20. Include at least three family branches. That means you must track at least three couples through three generations (to their grandchildren) as a minimum. Make sure your name is on your work.

**6. McGee steps 1-5 – Due **3/26/20****

This relates to the second time through the book “The Search for Significance”. This time you are personally applying the material by using the workbook section. Seek personal impact from entering into the process. You will need to work through about 20 pages of the workbook on average each week to stay on schedule. You will need to read the book portion again to do this work. After you have completed steps 1-5 in the workbook, write a one-paragraph response to doing this work from your own perspective. Then, on the same paper, write the numbers of the steps you have actually completed for this course. Finally sign and date the sheet. Make sure your name is legible. These sheets will be collected on 3/26/20.

**7. McGee steps 6-10 – Due **4/9/20****

This relates again to the second time through the book “The Search for Significance”. Again you are personally applying the material by using the workbook section. Seek personal impact from entering into the process. You will need to work through about 20 pages of the workbook on average each week to stay on schedule. You will need to read the book portion again to do this work. After you have completed steps 6-10 in the workbook, write a one-paragraph response to doing this work from your own perspective. Then, on the same paper, write the numbers of the steps you have actually completed for this course. Finally sign and date the sheet. Make sure your name is legible. These sheets will be collected on 4/9/20.

**8. Total Forgiveness report – Due **4/23/20****

Read the course text book “Total Forgiveness”. After you have given careful attention to what this book is communicating, write a report. Write a two-paragraph response to this reading and reflection from your own perspective. In the first paragraph, summarize the content of this book. In the second paragraph, offer your response to it with special focus on what responses you are drawn to for releasing more healing in yourself. Finally sign and date the sheet. Make sure your name is legible. These sheets will be collected on 4/23/20.

**9. Scripture Meditation #2 – Due **4/30/20****

This is another devotional meditation that will direct a season of time spent with God. The sheet on “Nurture from God” will be handed out in class. Read the information side and try to grasp the points that are being made. Then slowly and reflectively work through the guided meditation. Pick a time and place when you can be undisturbed. Fill in your responses on the sheet. Bring your work to class on 4/30/20 for class interaction.

**10. McGee steps 11-13 – Due **5/7/20****

This relates again to the second time through the book “The Search for Significance”. Again you are personally applying the material by using the workbook section. Seek personal impact from entering into the process. You will need to work through about 20 pages of the workbook on average each week to stay on schedule. You will need to read the book portion again to do this work. After you have completed steps 11-13 in the workbook, write a one-paragraph response to doing this work from your own perspective. Then, on the same paper, write the numbers of the steps you have actually completed for this course. Finally sign and date the sheet. Make sure your name is legible. These sheets will be collected on 5/7/20.

## 11. Letter from God – Due **5/14/20**

This is an opportunity to dialog with your Heavenly Father about your thoughts and feelings as you complete this course. Simply write a letter as though God were sending you a personal note. Start with the word: “Dear” and fill in your own name. Then write whatever comes to mind and bubbles up from your spirit. Think back over the various experiences of the course. What is the Lord saying to you? Have there been any changes in the past weeks? Can you sense His approval? What lessons has he taught you during this time? What insights has he shown you? Where do you go from here? The main requirement for this assignment is that you hear from the Lord. This is your opportunity to stretch out by faith to listen to His “still small voice”. Do the work slowly and reflectively. Length is not important, but completeness is. Come back and add more at a later time if you need to. This is entirely between you and God. No one else will see this. Bring your work to class on 5/14/20.

## 12. Final Exam – Due **5/21/20**

This is a brief exam that covers the lecture material from this class. On 5/21/20 this test will be administered as a portion of the class time to access your grasp of what the lectures were trying to communicate. This test will consist of objective questions (like short answers, fill-in-the-blanks, matching, etc.) on material drawn directly from the class sessions. Pay attention to details and words as you study your notes.